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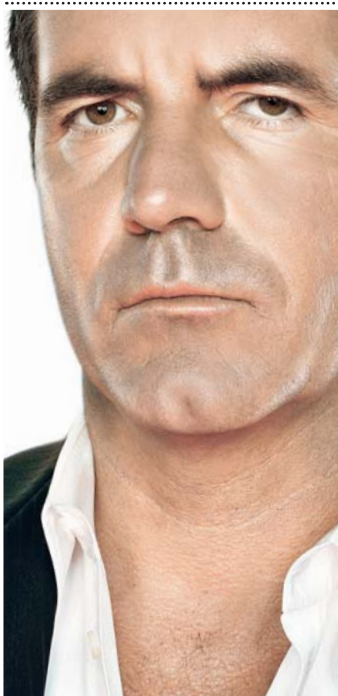
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**Tuesday**

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## FINAL JUDGMENT

**Simon Cowell will bid farewell to 'Idol'** but not the spotlight **31**

## KOREAN CONFLICT

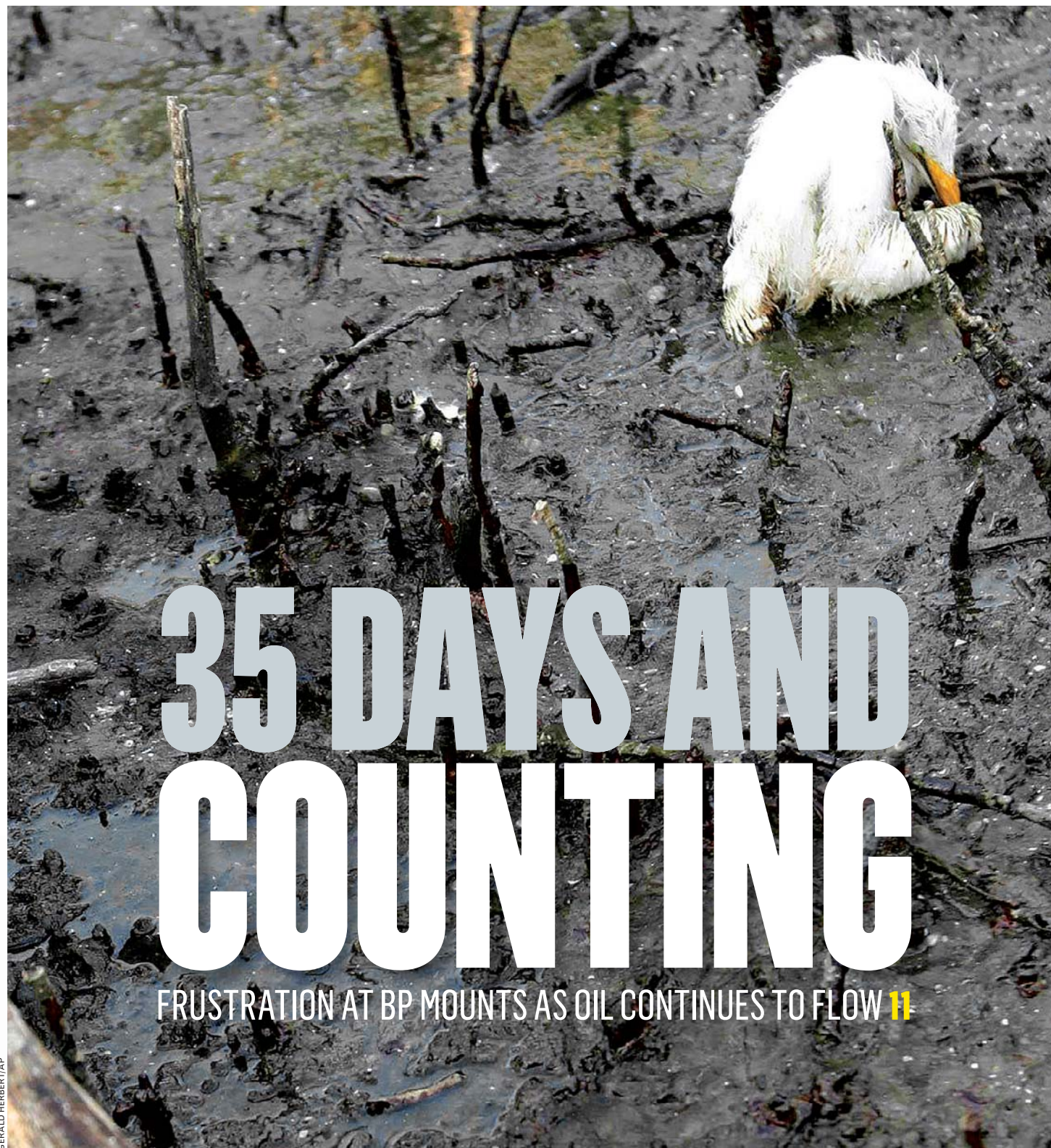
**U.S. backs Seoul's decision** to suspend trade with the North **8**

## YES SWEAT

**Get set to perspire** with three hardcore workouts **17**



**79 | 66**



An oil-covered heron sits dying beneath a mangrove on an island in Louisiana's Barataria Bay on Sunday. Millions of gallons of brown crude are now coating the state's delicate wetlands.





EYE OPENERS

Any Permutation of Man, Bite and Dog Works for Us

It wasn't man-bites-dog, but there were men and dogs and biting. The Rockland County sheriff's office said Monday that one man bit another during a fight over how their dogs were playing at a park in New City, N.Y. When a third man tried to break up the fight, one of the combatants bit him on the wrist. No one has been arrested, but the case is still being investigated. (AP)

Hmm. Has Anyone Seen Jared Lately?

Des Moines police are investigating a sandwich heist at a Subway restaurant. Authorities say someone broke into the shop on Saturday night or Sunday morning and took a "substantial amount" of cold cuts. They also took bread and cookies, and made some sandwiches before they left. No money was taken. (AP)

She Also Sent Some Texts and Put on Mascara



A Minnesota woman gave birth to a boy while driving herself to the hospital as the father steered the car from the passenger's seat. Amanda McBride, of Bemidji, was rushing to the hospital Wednesday when her water broke and the baby "just slid out." The father was not driving because he has a history of seizures. Hospital officials say they were stunned to learn the expectant mother was driving. (AP)

The Big Picture



"NELSON'S SHIP IN A BOTTLE," a sculpture by artist Yinka Shonibare, was installed on the fourth plinth in Trafalgar Square on Monday in London. The 1:29 scale replica of Vice Admiral Lord Nelson's ship HMS Victory (in a bottle) will be on display for 18 months. (EXPRESS)

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## FBI: Crime Stats Fell Again in '09

Washington

For the third-consecutive year, violent crime declined in the United States in 2009, including a 7.2 percent reduction in murder, preliminary FBI figures showed Monday.

The trend extended to the District, where overall violent crime

17

The percentage drop in automobile thefts in the U.S. from 2008 to 2009, according to the latest FBI statistics.

The national violent crime rate had risen in 2005 and 2006 after years of decline, sparking concerns that a focus on homeland security under the Bush administration was draining resources away from traditional crime fighting.

But crimes of violence began going down again in 2007, falling 0.7 percent that year and then another 1.9 percent in 2008. The trend accelerated last year with a 5.5 percent reduction in violent crime.

JERRY MARKON (THE WASHINGTON POST)

## 'Don't Ask' Compromise Debated

Integration of gays into the military may be done slowly

Washington

A proposal to step up the repeal of the ban on gays and lesbians serving openly in the military but still allow the Pentagon time — perhaps even years — to implement new policies was being discussed Monday by administration officials and gay rights activists.

The White House had hoped lawmakers would delay action until Pentagon officials had completed their study so fellow Democrats would not face criticism that they moved too quickly or too far ahead of public opinion in this election year.

Instead, administration officials now expect Congress to move ahead this week even though advocates on both sides say it's not clear there are enough votes to lift the 1993 ban.

Under the proposal emerging from talks at the White House, Congress would remove the Clin-



Defense Secretary Robert Gates, left, and Joint Chiefs Chairman Adm. Mike Mullen favor repealing "don't ask, don't tell."

ton-era "don't ask, don't tell" law even as the Pentagon continues an ongoing review of the system. Implementation of policy for gays serving openly would still require the approval of President Obama, Defense Secretary Robert Gates and the chairman of the Joint Chiefs of Staff, Adm. Mike Mullen.

"We want to be clear: This

review is focused on 'how' the military should implement repeal of 'don't ask, don't tell,' not 'if' it should," said Rep. Patrick Murphy, a Pennsylvania Democrat and Iraq war veteran who is leading the House effort of repeal.

Democrats described a compromise that would add the repeal to the annual defense spending

bill but delay its implementation until after the Pentagon completes its study.

At the White House, spokesman Robert Gibbs declined to describe the talks. "Obviously, it's likely that Congress is going to act this week," he said. "If they decide to do that, we'll certainly examine what those efforts are." PHILIP ELLIOTT (AP)



### POLITICS

**Tea party favorite Nikki Haley**, a candidate for governor in South Carolina whose campaign gained momentum with a recent endorsement from Sarah Palin, vehemently denied allegations Monday that she had an inappropriate relationship with a political blogger several years ago. Haley, a legislator vying to become the state's first female chief executive, called the claim posted on the blogger's site a smear and "South Carolina politics at its worst." (AP)

## Spring Allergies?

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Cost Analysis and Negotiation Techniques (CON 217)	August 2-6
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# Nation



Mexican tar heroin seized in raids is displayed at a news conference in Ventura, Calif.

## 'Black Tar' Heroin Floods U.S. Market

Dealers are pushing potent drug that can cause instant death

Winfield, Mo.

Mexican drug smugglers are increasingly peddling a form of ultra-potent heroin that sells for as little as \$10 a bag and is so pure it can kill unsuspecting users instantly, sometimes before they even remove the syringe from their veins.

An Associated Press review of drug overdose data shows that so-called "black tar" heroin — named for its dark, gooey consistency — and other forms of the drug are contributing to a spike in overdose deaths across the nation and attracting a new generation of users who are caught off guard by its potency.

"We found people who snorted it lying face-down with the straw lying next to them," said Patrick O'Neil, coroner in suburban Chicago's Will County. "It's so potent that we occasionally find the needle in the arm at the death scene."

Authorities are concerned that the potency and price of the heroin from Mexico and Colombia could widen the drug's appeal, just as crack did for cocaine decades ago. Federal agents now commonly find heroin that is 50 percent pure and sometimes as much as 80 percent pure.

The greater potency allows more heroin users to snort the drug or smoke it and still achieve a sustained high.

"That has opened up heroin to a whole different group of users," said Harry Sommers, the agent in charge of the Drug Enforcement Agency office in St. Louis. (AP)

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Tell those behind the new tax we won't pay for their budget-raising scheme. Go to **NoDCBevTax.com** and sign the petition saying NO to a new beverage tax. Our grocery bills are already too high and we can't afford more taxes.

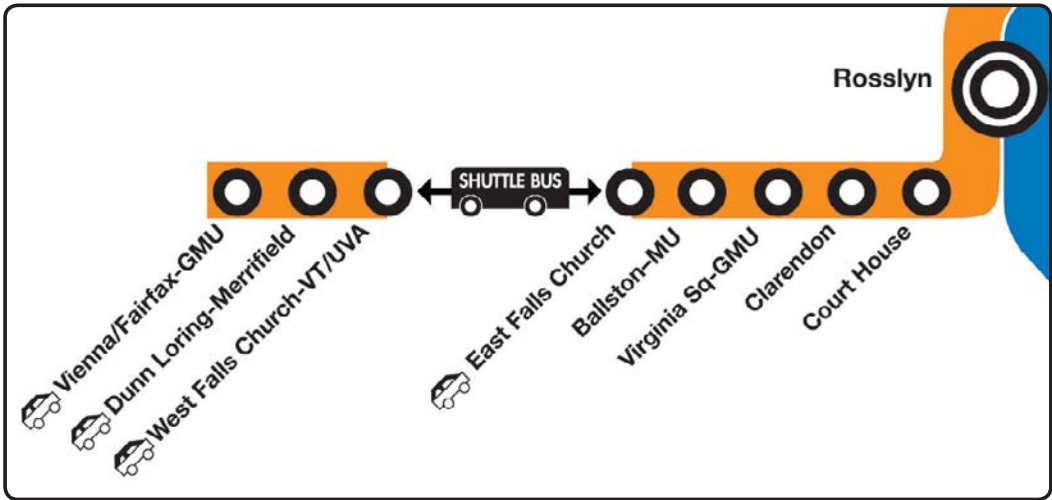
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# The Orange Line between East Falls Church and West Falls Church-VT/UVA stations will be closed over the next three weekends.



East Falls Church and West Falls Church-VT/UVA Metrorail stations will remain open with free shuttle bus service between them.

	WEEKEND OF MAY 29	WEEKEND OF JUNE 5	WEEKEND OF JUNE 12
CLOSED:	Saturday, May 29 at 7 a.m.	Saturday, June 5 at 5 a.m.	Saturday, June 12 at 7 a.m.
REOPEN:	Tuesday, June 1 at 5 a.m.	Monday, June 7 at 5 a.m.	Monday, June 14 at 5 a.m.

- The track between these two stations must be closed so that crews can continue construction work to connect the Orange Line to the future Dulles Corridor Metrorail Project.
- Going inbound? If possible, park at East Falls Church station and ride Metro from there. Parking is free on Saturday, Sunday and Memorial Day.
- If you plan to take the shuttle bus between the two stations, please add 30 minutes to your travel time.
- Trains will share a single track through the work area beginning at 10 p.m. on Friday. From 10 p.m. to closing, trains will serve all Orange Line stations every 30 minutes.
- For more information about this important work, please visit [MetroOpensDoors.com](http://MetroOpensDoors.com).





## Hearsay



**"I have made mistakes, and I am sorry. I truly regret offending anyone."**

— RICHARD BLUMENTHAL, CONN. DEMOCRATIC SENATE CANDIDATE, APOLOGIZING FOR MISSTATEMENTS ABOUT HIS MILITARY SERVICE DURING VIETNAM.

# Americans Held in Iran Seal Wedding Plans

Mother says her son made a ring from the threads of his shirt

## Minneapolis

The mothers of two of the three Americans held for months in an Iranian prison said Monday that their children have become engaged and plan to marry after they are released.

The mothers of the Americans are back in the U.S. after visiting their children in Iran. During the visit, they learned that Shane Bauer had proposed to Sarah Shourd at Evin Prison in Tehran.



Shane Bauer, left, and Sarah Shourd have been held for months in an Iranian prison.

"They are going to get married as soon as they have their freedom," Nora Shourd said Monday

on "Good Morning America."

Bauer made a ring out of threads from his shirt and gave it to Shourd

in the prison's exercise area. The third imprisoned American, Josh Fattal, will be the couple's best man, the mothers said.

The three friends were taken into custody by Iranian forces last July along the border between Iraq and Iran. Their families say they were on an innocent hike, but Iranian officials have accused them of spying for the U.S.

The three mothers — Cindy Hickey of Pine City, Minn.; Nora Shourd of Oakland, Calif.; and Laura Fattal of suburban Philadelphia — traveled to Iran last week and had hoped to bring their children home but came back empty-handed. (AP)

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## In Brief



Relatives attend a funeral on Monday for a victim of Saturday's Air India crash.

## MANGALORE, INDIA

## Minister: Human Error Possible in Plane Crash

Human error might have caused the crash of an Air India Boeing 737-800 plane that killed 158 people over the weekend, India's civil aviation minister said Monday. Weather conditions and other factors at the time the plane crashed "looked absolutely normal for a regular touchdown and a safe landing," Civil Aviation Minister Praful Patel told the CNN-IBN TV news channel. (AP)

## BAGHDAD

## Gunmen Fatally Shoot Newly Elected Lawmaker

Gunmen in northern Iraq killed a newly elected lawmaker from a Sunni-backed list that won Iraq's March elections, officials said, in a slaying certain to rattle the fragile political system. There was no immediate claim of responsibility. (AP)

## ADDIS ABABA, ETHIOPIA

## Ruling Party Leads Vote

Provisional results show Ethiopia's ruling Ethiopian People's Revolutionary Democratic Front has won national elections, officials said Monday, as a U.S. rights group said the weekend ballot had been corrupted by irregularities. (AP)

# 'Turning Point' for Two Koreas

U.S. backs Seoul's decision to suspend trade to Pyongyang

## Seoul, South Korea

South Korea won U.S. support Monday for slashing trade to North Korea and vowed to haul its communist neighbor before the U.N. Security Council for a torpedo attack that sank a South Korean warship and killed 46 sailors.

U.N. Secretary-General Ban Ki-moon said he expects the Security Council to take action against North Korea, calling the evidence that the North was responsible "overwhelming and deeply troubling."

The U.S. and South Korea are planning two major military exercises off the Korean Peninsula in a display of force intended "to deter future aggression" by North Korea, the White House said.

President Lee Myung-bak laid out the economic and diplomatic measures aimed at striking back at the North, including halting some



South Korean soldiers take part in a drill near the North Korean border on Monday.

trade and taking the regime before the Security Council.

International investigators concluded last week that a torpedo from a North Korean submarine tore apart the warship Cheonan on March 26 in the Yellow Sea off the west coast in one of South Korea's worst military disasters since the

1950-53 Korean War.

Lee said it was another example of "incessant" provocation by North Korea, including a 1983 attack in Myanmar on a South Korean presidential delegation that killed 21 people, and the bombing of an airliner in 1987 that killed 115.

"We have always tolerated

## Washington on Alert

Secretary of State Hillary Rodham Clinton said Monday that the Obama administration is striving to avoid a conflict on the Korean peninsula. Speaking to reporters in Beijing, Clinton said North Korea's chief ally China and its other neighbors understand that the situation is "highly precarious" and want to avoid raising tensions further. President Obama has ordered U.S. military commanders "to ensure readiness and to deter future aggression" from North Korea, the White House said. (AP)

North Korea's brutality, time and again. We did so because we have always had a genuine longing for peace on the Korean peninsula," Lee said in a solemn speech at the War Memorial.

"But now things are different. North Korea will pay a price corresponding to its provocative acts," he said, calling it a "critical turning point" on the tense Korean peninsula. JEAN H. LEE (AP)

## Jamaican Gunbattles Intensify, Spread Beyond Capital's Slums

## Kingston, Jamaica

Jamaica's security forces clashed with masked gunmen allied with an alleged drug kingpin for a second day Monday as an intensifying battle against gangs spread to volatile slums outside the capital.

The Jamaica Constabulary Force said two officers have been killed and

six have been injured during fire-fights with criminal gangs whose arsenals rival police firepower.

Police and soldiers came under heavy fire in the West Kingston stronghold of Christopher "Dudus" Coke, who is trying to avoid extradition to the U.S. on drug and arms trafficking charges. Military helicopters with mounted guns buzzed



Police patrol in Kingston, Jamaica, on Monday, after two officers were killed.

above the impoverished area between plumes of black smoke.

West Kingston, which includes the Trenchtown slum where reggae superstar Bob Marley was raised, is the epicenter of the violence. But on Monday, security forces were also under attack in areas outside that patchwork of gritty slums in the capital. (AP)

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# Britain Bans Controversial Doc

Council discredits MD who suggested vaccine causes autism

London

A doctor who convinced millions of parents worldwide that a common vaccine could cause autism was barred from practicing medicine in his native Britain on Monday after the country's top medical group found he conducted his research unethically.

Dr. Andrew Wakefield was the first researcher to publish a peer-reviewed study suggesting a connection between autism and the

vaccine for measles, mumps and rubella. That prompted legions of parents to abandon the vaccine in moves that epidemiologists feared could lead to outbreaks of the potentially deadly diseases.

Vaccination rates in Britain and other rich countries have not fully recovered since Wakefield and his colleagues' research was published in 1998, and there are measles outbreaks across Europe every year. There are also sporadic outbreaks of the disease in the U.S.

His study in the medical journal *Lancet* was widely discredited, however, after Britain's medical regulator found it did not meet ethical standards; other studies



STEVE PARSONS/PA FILE/AP

**"The children are not going away, and I most certainly am not going away."**

— ANDREW WAKEFIELD, ON NBC'S "TODAY" SHOW, DEFENDING RESEARCH THAT SUGGESTS A VACCINE-AUTISM LINK IN KIDS

found no link; and a British journalist revealed Wakefield had been paid by lawyers of parents who suspected their children were harmed by the vaccine.

Wakefield, 53, moved to the U.S. in 2004 and set up an autism center in Texas, where he gained a following despite not being licensed as a doctor there. He quit this year.

Britain's General Medical Council was acting Monday on a January ruling that said Wakefield and two other doctors acted unethically and showed a "callous disregard" for the children in their study.

Wakefield said he plans to appeal the ruling, which takes effect within 28 days. **MARIA CHENG (AP)**

## Seven Arrested In NATO Attack

Kabul, Afghanistan

Afghan authorities Monday announced the arrests of seven people in last week's suicide bombing that killed six NATO soldiers, including four colonels — three Americans and one Canadian.

The blast was the first in a series of Taliban attacks against NATO targets — the insurgents' apparent response to a planned NATO offensive in the south and peace overtures by the government.

The spokesman for Afghanistan's intelligence service, Saeed Ansari, said the seven, who included one schoolteacher, were taken into custody separately last week. **(AP)**

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# Md. AG: Ehrlich Show Not Illegal

Officials advised not to treat radio program as campaign violation

Annapolis, Md.

Maryland Attorney General Doug Gansler's office advised state elections officials Monday not to treat a weekly radio show hosted by former governor Bob Ehrlich as an illegal campaign contribution.

An assistant attorney general said in a letter to Maryland Board of Elections Administrator Linda Lamone that state efforts to regulate media raise constitutional concerns. Ehrlich, a Republican, hopes to unseat Democratic Gov. Martin O'Malley and return to his old job.



Gubernatorial hopeful Robert Ehrlich and his wife, Kendall, host a show on WBAL.

Assistant Attorney General Jeffrey L. Darsie said in his letter that "courts have routinely disapproved efforts to closely regulate the con-

tent of print or broadcast media featuring political discussion." Elections officials had asked Gansler's office how to treat

Ehrlich's radio program after Democratic Party officials complained the two-hour Saturday morning WBAL-AM show violated campaign finance laws.

"We were confident in our position all along, and we hope now that Governor O'Malley and his party will focus on the record job losses that are most on the minds of Marylanders," campaign spokesman Andy Barth said.

Ehrlich hasn't submitted the requisite paperwork yet to be an official candidate, but he held a campaign kickoff in April and has been meeting with voters across the state. Barth said Ehrlich plans to cease hosting his radio show by the time the formal candidacy paperwork is filed; the deadline is July 6.

KATHLEEN MILLER (AP)

# Poll: D.C. Is Fittest City in U.S.

Washington

For the third year in a row, the metropolitan D.C. area received the No. 1 ranking for the fittest city in the nation in the American College of Sports Medicine's (ACSM) American Fitness Index, the blog We Love D.C. reports.

The ACSM polls residents of the 50 largest metropolitan areas, and their rankings are based on a variety of factors including community health policies, preventive health behaviors, federal reports, instances of exercise, health insurance coverage, accessibility to public lands/parks, incidents of co-morbidities, etc.

According to the D.C. respondents, 80 percent had engaged in some sort of physical activity and 90 percent currently have health insurance. Baltimore came in at No. 20, Richmond at No. 11 and Virginia Beach at No. 17. **LORI ARATANI** (THE WASHINGTON POST)

The Lotteries

Monday, May 24

Maryland

Mid-day Pick 3	8-3-4
Evening Pick 3 (Sun.)	5-3-7
Mid-day Pick 4	9-5-3-3
Evening Pick 4 (Sun.)	3-7-7-6
Match 5 (Sun.)	3-10-12-32-35 (34)

District

Mid-day Lucky Numbers	4-2-0
Evening Lucky Numbers (Sun.)	8-4-4
Mid-day DC 4	4-9-6-0
Evening DC 4 (Sun.)	2-5-5-9
Mid-day D.C. Five	9-5-4-5-1
Evening D.C. Five (Sun.)	5-8-1-2-4
Daily 6 (Sun.)	11-19-22-24-25-32 (26)

Virginia

Mid-day Pick 3	8-2-1	Evening Pick 4 (Sun.)	8-0-4-1
Evening Pick 3 (Sun.)	4-8-0	Mid-day Cash 5 (Sun.)	2-5-8-13-31
Mid-day Pick 4	4-4-2-8	Evening Cash 5 (Sun.)	1-17-19-26-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



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# High Tension in the Gulf

With frustration mounting, BP readies yet another attempt to plug the oil leak

## Covington, La.

The BP executive in charge of fighting the Gulf of Mexico oil spill said Monday his company knows people are frustrated by its failure to plug the well that has been gushing for more than a month and is now spreading damage through Louisiana's wetlands.

"Everyone is very, very frustrated about why we haven't been able to bring this well to stop flowing so far," said Doug Suttles, chief operating officer of BP PLC, but he insisted the oil giant has the necessary resources to stop the growing spill.

Millions of gallons of oil have already spewed from the well that blew out after a drilling rig exploded April 20 off the Louisiana coast.

Suttles said it will be at least Wednesday before BP will try using heavy mud and cement to plug the leak, a maneuver called a top kill that represents the best hope of stopping the oil after several failed attempts.

Meanwhile, anxiety from the highest levels down became more evident. Interior Secretary Ken Salazar suggested over the weekend that the government could intervene aggressively if BP wasn't delivering. "If we find that they're not doing what they're supposed to



EPA Administrator Lisa Jackson reaches down to scoop a sample of oil as she tours marshes impacted from the Deepwater Horizon oil spill in Pass a Loutre, La., Monday.

be doing, we'll push them out of the way appropriately," he said.

But when asked about that comment Monday, Coast Guard Commandant Thad Allen said: "That's more of a metaphor."

Allen said BP and the government are working closely together, with the government holding veto power and adopting an "inquisitorial" stand toward the company's ideas.

Homeland Security Secretary Janet Napolitano also took a more measured tone at a news conference Monday in Galliano, La., with Salazar and six U.S. senators who had flown over the coast to see the damage. "We continue to hold BP responsible as the responsible party, but we are on them, watching them," she said.

Engineers are working on several backup plans in case the top kill doesn't work. Suttles said they will likely try to cap the well with a small containment dome if the maneuver fails. He said they are

also considering injecting assorted junk into the well to stop the oil.

BP said Monday its costs for the spill had grown to about \$760 million, including containment efforts, drilling a relief well to stop the leak permanently, grants to Gulf states for their response costs, and payment of damage claims.

The spill's impact onshore now stretches across 150 miles, from Dauphin Island, Ala., to Grand Isle, La.

With oil pushing at least 12 miles into marshes in his state and two major pelican rookeries coated in crude, Louisiana Gov. Bobby Jindal said crews have begun work on a chain of berms made with sandbags, reinforced with containment booms, that would skirt the state's coastline.

"This oil threatens not only our coast and our wetlands; this oil fundamentally threatens our way of life in southeastern Louisiana," he said at Monday's news conference. (AP)



**"To push BP out of the way, it would raise the question: To replace them with what?"**

— THAD ALLEN, COAST GUARD COMMANDANT, SAYING THAT THE GOVERNMENT CAN'T TAKE OVER CONTROL OF THE OIL LEAK CRISIS FROM BP.

## Timeline: The Oil Disaster Unfolds

4/20

Government responds to a late-night report that the Deepwater Horizon offshore drilling rig had exploded and was on fire.

4/22



The Deepwater Horizon rig sinks into the Gulf, and a national response team is activated in Washington.

4/24

Oil is found leaking from the well for the first time since the accident. Officials are unsure how much oil is being released into the sea.

4/28

**5,000**  
The Coast Guard's estimate of the number of barrels being released per day, a number raised from 1,000 per day after a third leak was discovered.

5/7

BP says it is abandoning efforts to close valves on the blown-out well with underwater robots. The next day, its attempt at halting the leak with a 100-ton box fails after the contraption becomes clogged with icelike crystals.

5/12



Rep. Henry Waxman, left, said his committee's investigation into the oil spill revealed that a key safety device in the oil rig, the blowout preventer, had a leak.

5/17

BP inserts a 4-inch-wide pipe into a broken section of the oil rig in a bid to capture as much of the oil as possible. BP calls the development a "positive step forward."

5/20

**210,000**  
The number of gallons per day a 4-inch-wide pipe is capturing from the broken rig. BP concedes that more oil than it first estimated is gushing into the Gulf.



# Pudge Lands on the DL

Bad back to sideline catcher for the Nats' West Coast swing

## The Nationals

The Nationals placed Ivan Rodriguez on the 15-day disabled list Monday, meaning their veteran catcher will miss the entirety of their 10-game road trip — and will not be behind the plate on June 4, the likely first start of Stephen Strasburg.

Rodriguez left Saturday's game against the Baltimore Orioles with lower back pain after swinging and missing a pitch. He grimaced in the batter's box and received a visit from Nationals medical staff. He finished the at-bat and slammed his helmet to the ground. Rodriguez did not come back into the game, then sat out Sunday.

Wil Nieves will likely become the Nationals' primary starting catcher until Rodriguez returns. Replacing Rodriguez, 38, will be a



Ivan Rodriguez may not be behind the plate when Stephen Strasburg debuts.

difficult proposition for the Nationals, particularly on offense. Rodriguez has hit .325 this year, first among National League catchers, with a .352 on-base percentage, nine doubles and 16 RBI. Nieves is a strong defensive catcher who is 13 for 58 this season with no walks, three doubles and a homer.

The Nationals may look outside their organization for temporary help behind Nieves. They

signed veteran Chris Coste for back-up insurance at the end of spring training, but he is out for the season. The regular catchers for Class AAA Syracuse are Carlos Maldonado, a 16-year minor league veteran who has appeared in 21 major league games, and Devin Ivany, a 27-year-old hitting .222 at Syracuse.

ADAM KILGORE (THE WASHINGTON POST)

## Swengali

### Love Before First Sight for D.C. Fans

Last week, I bought tickets to see the Washington Nationals play the Cincinnati Reds on June 4. Something tells me I'm not alone.

Avid newspaper readers beware:



By Matt Swenson

Here comes the barrage of big stars making their debuts in the nation's capital.

Of course, three of the city's biggest sports names — based on new rankings

after last week's NBA draft lottery — haven't actually played here yet. In fact, two have never played on a major league level, and one has yet to even put on a professional uniform.

So what? No one here is going to let that rain on our parade. The fact we've yet to see these megastars in person makes it easier.

Right now, Stephen Strasburg, Donovan McNabb and John Wall can do no wrong. As for Bryce Harper — soon to be the Nationals' second No. 1 pick in two years — he'll have his day in the sun once he turns 18.

So much has been said about D.C.'s influx of star power, it's worth noting just how low we must have fallen to be so positively gaga over people who have yet to play here.

Strasburg's debut, projected for June 4, will be the first. It's hard to



Top pick Stephen Strasburg is expected to debut with the Nationals on June 4.

imagine more hype than he's getting. At least he has the benefit of joining a team not expected to make the playoffs. Wall, who will go No. 1 on June 24 to the Wizards, has the same luck.

McNabb, on the other hand, is a proven winner. And he's going to be expected to produce right away with the Redskins.

All these stars represent hope — and D.C. fans know hope better than most. We hope Alex Ovechkin can win a Stanley Cup; we hope the Curse of Les Boulez is behind us; we hope the Redskins move back into D.C.

The reality hasn't been pretty here for a while. On June 4, we may start seeing whether all that's going to change.

No pressure, guys.

To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)

## Hearsay



**"We're talking about being relevant again. I want the Sixers to be on people's tongues again."**

— DOUG COLLINS, SETTING MODEST GOALS FOR THE 76ERS AFTER BEING INTRODUCED AS PHILADELPHIA'S NEW COACH AT A MONDAY NEWS CONFERENCE.

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## Supreme Court Rejects NFL Bid

### Pro Football

The NFL failed to secure the bolstered protection from federal antitrust laws that it had been seeking, as the Supreme Court ruled Monday that the league can be regarded as 32 franchises rather than one business entity on an issue such as selling merchandise.

The ruling came in a case involving merchandise maker American Needle Inc. The Supreme Court unanimously reversed a ruling by a lower court and sent an antitrust lawsuit by American Needle back to the lower court.

(THE WASHINGTON POST)

## American Falls In Record Match

### Tennis

American qualifier Michael Yani's French Open debut lasted one match. It felt like about two or three.

Yani lost to Lukas Lacko of Slovakia 4-6, 7-6 (5), 7-6 (4), 6-7 (5), 12-10 in a marathon that began Sunday and finished Monday, covering four hours, 56 minutes of playing time. The 71 games equal the most in a singles match at the Open since tiebreakers were added in 1973.

"Ridiculous," Yani said, cracking open a can of caffeine-rich soda. "I wish I could have closed it out." (AP)

## Give That Player a Hand!



LAURENT REBOURSIAP

**JAPAN'S KEI NISHIKORI** grips a handful of tennis balls before serving to Colombia's Santiago Giraldo during their first-round match at the French Open.

## TV Lineup

**NATIONALS (10 P.M., MASN)** The Nats start a crucial road trip with their opening game of a three-game set against the San Francisco Giants.

**NBA PLAYOFFS (9 P.M., TNT)** The Phoenix Suns aim to even the Western Conference finals against the Los Angeles Lakers at two games before the series moves back to California.

**SOCCER (7:30 P.M., ESPN)** The U.S. men's national team readies for the World Cup with a friendly against the Czech Republic.

**TENNIS (NOON, ESPN2)** Early round action from the French Open.

**WNBA (7 P.M., ESPN2)** The Phoenix Mercury visits the Tulsa Shock.

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- And
- Hepatitis C negative

You may be eligible to participate in a 14 - 18 week clinical trial to evaluate an investigational drug to treat HIV. Qualified participants will receive study drug and study related procedures including blood pressure monitoring, laboratory tests, physical exams and electrocardiograms at no cost.

Compensation for time and travel is available.

For details about this clinical trial, call the  
MedStar Health Research Institute at 202.877.0679

# Participants Wanted for Research Study

The National Center for Health Statistics is looking for adults aged 18 and over to answer a variety of health questions. Anyone may participate but we are particularly interested in older adults. We would like to talk to you if you have difficulty hearing, swallowing, stuttering, stammering, hoarse or raspy voice, and/or you have a child between the ages of 1 ½ years and 8 years who may have a speech problem. The survey research interview will be no longer than 60 minutes and participants will receive \$40.

**FOR MORE INFORMATION,**  
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**Centers for Disease Control and Prevention**  
**National Center for Health Statistics**

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For more information, please contact our office at 301-984-8800.

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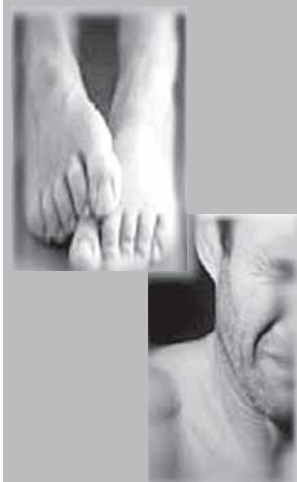
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- Participants in the Registry will only be asked to fill out a brief questionnaire about your health and lifestyle information.
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## Sports

# Brown Out as Cavaliers Coach

Playoff failures cited for dismissal after five winning seasons

### Pro Basketball

Mike Brown won everything in five years coaching the Cleveland Cavaliers. Everything, that is, except an NBA title.

Brown, the most successful coach in franchise history, was fired Monday after failing to win a championship with superstar — and soon-to-be free agent — LeBron James.

Brown's dismissal had been expected since the Cavs were eliminated by the Boston Celtics in the second round of the playoffs, a stunning exit for a team favored to win it all.

In five seasons, Brown went 314-177 and was the league's coach of the year in 2009. He took Cleveland to the postseason every season



Cavs coach Mike Brown was under scrutiny for Cleveland's collapse against Boston.

and led the Cavaliers to their only finals appearance, in 2007.

But the Cavs, despite having the best regular-season record the past two years, fell short of winning their first title and now face an uncertain future with James, the league's two-time defending MVP, eligible for free agency.

"The expectations of this organization are very high and, although change always carries an element of risk, there are times when that risk must be taken in an attempt to break through to new, higher levels of accomplishment," Cavs owner Dan Gilbert said in a statement. "This is one of those times." (AP)

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# fit



## Guinea Pig | Mat Trick

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## Body Talk

# Saying Bye-Bye to Dry

Here's how to make sure your workout is wetter (and also better) than ever

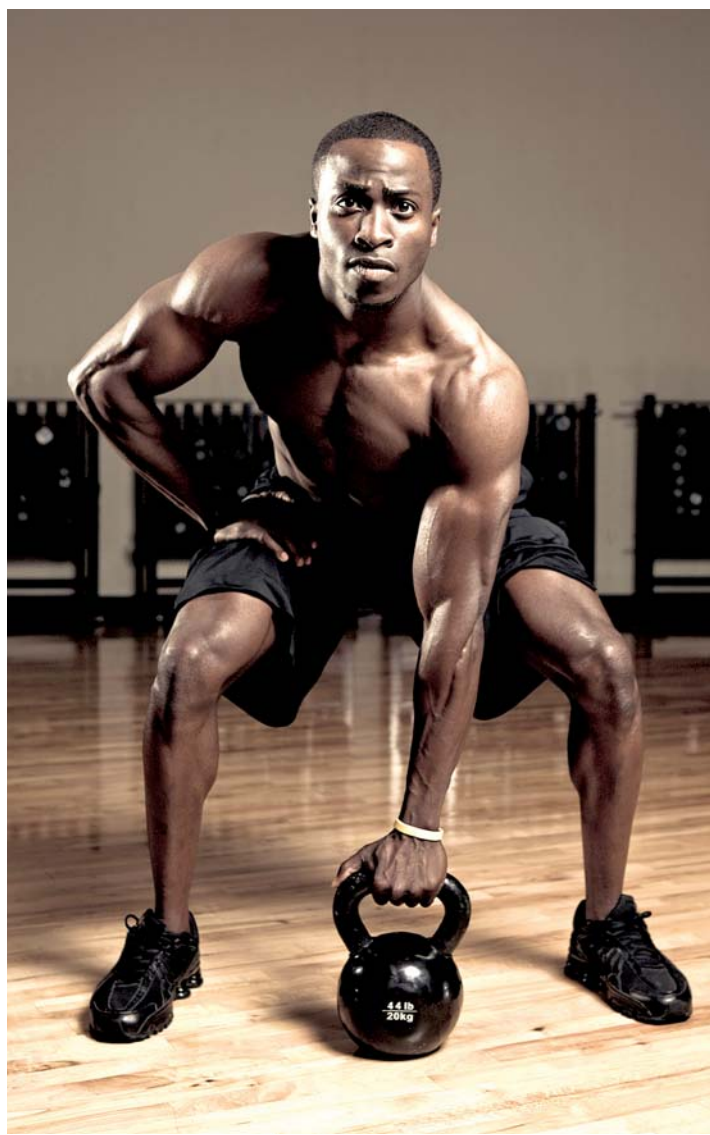
## Exercise

The most accurate way to determine whether you're working hard enough at the gym is a heart rate monitor, which tells you with an idiot-proof digital readout. Lesstehchie types can rely on the perceived exertion scale — if you can carry on a conversation easily, you're probably slacking off. Most folks, however, go by another standard: the size of the circles under their armpits. How much you sweat isn't proof you're burning more calories, but it sure feels like it. So, we asked trainers for a few routines guaranteed to make you wipe your brow.

## Jump Start

What experts call "plyometrics" the rest of the world knows as "bouncing." And as PJ Monson, of The Sports Club/LA, notes, putting a spring in your step will turn on the waterworks in no time. She recommends jump squats, alternating jumping lunges and mountain climbers (in push-up position, rapidly pull one knee to your chest at a time).

Or, if you want to get really soggy, try burpee variations, says Lance Breger, head private trainer at Mint Fitness. The basic version requires you to squat, place your hands on the ground, hop your legs back into push-up position and then reverse it. But you can increase the difficulty by adding a push-up at the bottom and/or a jump squat at the top. Still too



Using kettlebells involves strength and cardio, which ends up being a sweaty combo.

dry? Place a Bosu ball in front of you and keep your hands on the unstable surface while you perform those push-ups.

## Take a Number

With plenty of exercises, performing a few reps is a cinch. Up that total, however, and you'll be making puddles. Ed Ingebrechtsen, direc-

tor of training at local chain Results, likes clients to join his "century club." He takes a circuit of four to five body weight exercises — such as push-ups and squats — and he'll have clients do 20 reps, and repeat the circuit five times. Do the math. "That's a hundred," he says.

No good at counting? Just clear a path and get ready to crisscross a

room repeatedly. To work up a sweat old-school style, Breger recommends walking lunges paired with a curl and press. Those crab walks you used to do back in elementary school gym class will also be much tougher (and damper) than you remember if you keep at it awhile. Breger also suggests bear crawls: moving opposite hand and foot simultaneously.

**Adding a jump to just about any exercise is an easy way to make your next workout a little bit sweatier.**

## Ring My Bell

A cannonball with a handle doesn't seem so difficult to handle. That is, until you pick up a hefty kettlebell and do a swing — standing in a slight squat, grab it with both hands, let it dangle between your legs, and then thrust your hips forward to force the weight up into the air. "It can make grown men cry," says Monson of the cardio/strength combo. Although it can appear to be an upper-body exercise, it's actually the lower body that's creating the power. But you feel it everywhere, especially if you keep the swings continuous.

To make it even more challenging, try what Breger calls "kettles and quarters," an exercise he picked up from a Secret Service agent. "You get a kettlebell and perform basic swings for either a given time or a number of reps. Then, you run a quarter mile as fast as you can," he says. The idea is to repeat the duo several times, but even once is plenty to soak most people.

VICKY HALLETT (EXPRESS)



ISTOCK

## Proud to Perspire

I've never understood the people who insist, "I don't sweat." Of course you do — unless you have the potentially life-threatening condition of anhidrosis — because sweat is a necessary human function that cools the body down. You just don't like to admit it because in our society, being sweaty is seen as being gross.



By Vicky Hallett

I wonder how much that ick factor keeps folks from exercising. We don't want to walk those extra 10 minutes at lunch because we're afraid of getting our

shirts damp, and we stop pushing ourselves during our workouts because we notice puddles starting to form under the elliptical machine. There's no reason to be embarrassed by your sweat. It's just a reason to keep hydrating. (And to take a shower later.)

That's why I'm calling on all people who perspire profusely to band together to raise awareness of sweating. We could host a march on Washington that will involve letting sweat drip down our backs and legs with pride. (I think July or August might be a good time to schedule such an event.) Or, maybe we could just remember the next time we're sweating that we should be smiling, too. After all, it's pretty good for you.



To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com



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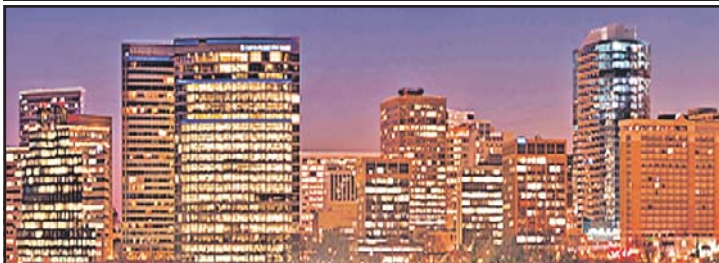
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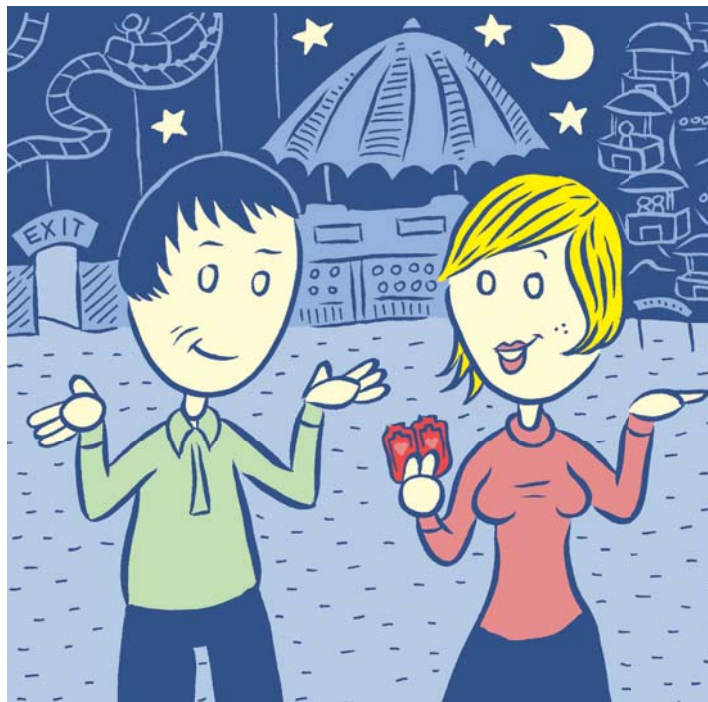
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# baggagecheck



## Living at Home, Not Sweet Home

**Q** I'm so tired of my boyfriend's mother! He's moved back in with his parents (we're 26) for grad school, so I have to deal with her on a more regular basis, and he seems to be growing more tolerant of her. She is so critical, makes me feel uncomfortable and also holds prejudices that I find extremely offensive. We are fighting more because of this, and I don't know what to do! **GRRRR**

When a family member of your mate's is difficult, it can be just an acceptable annoyance, or it can tear a relationship apart. Guess what factor makes the most difference.

It's your mate. If he's not bothered by his mother's actions enough to help lessen their impact, that's a bigger problem than whatever she tries to throw at you. Talk to him, and highlight a specific and manageable part of the issue that he might be able to make better: comments that offend you, his tacitly taking her side against you. Presumably, he views living with her as inevitable now, and loving her and being civil to her are non-negotiable. But help present solutions where he can make things better between you. His willingness to do so will tell you all you need to know.



**By Dr. Andrea Bonior**

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

## Should I Date or Just Wait?

**Q** I'm finally completing my divorce. After two years of being on this roller coaster, I'm relieved. The problem is I've met someone I think is awesome, but I'm scared of trusting myself. I mean, chances are I'm just enjoying the companionship and, yes, the physical part. My friends tell me to slow down and take time for myself. Should I wait or let myself get more involved? **THE SINGLE LIFE**

Let's take the facts as we know them: You've met someone you really like. That doesn't exactly scream "Dump him!" to me, though you're right that being truly single for the first time after a marriage does warrant some caution. But to me, being so aware of the reasons for hesitation gives you a freer pass to do what you want. Indeed, you have no way of knowing whether

this guy will end up being Mr. Right or just Mr. Right for This Tuesday, but that doesn't mean you have to give up the chance to find out. Keep an open mind, keep a finger on your emotional pulse, and try to expand your life in other ways that have nothing to do with romance or this guy, so that you know you're dipping your toes in, rather than doing a belly flop.

## Event Horizon In the Shuffle

Time to work on your time step. In honor of National Tap Dance Day, the cast of "Sophisticated Ladies" — including star Maurice Hines — is spending its lunch hour today dancing with the masses. Everyone's invited to head over to the Lincoln Theatre (1215 U St. NW) from noon to 1 p.m. to learn some choreography from the show, or just shuffle about to jazzy Duke Ellington tunes. More details at [Arenastage.org](http://Arenastage.org).



# Sweat Shirts

**ATHLETIC T-SHIRT MAKERS** say their 2010 models will answer a summer exerciser's prayers. The garments will wick away sweat, dry out quickly and not smell like a stinkbug after a grueling workout. To determine the mettle of four shirts, our intrepid tester wore each for a 90-minute yoga class at Bethesda's Down Dog studio, where the temp is about 95 degrees and humidity is 60 percent — pretty close to a D.C. dog day. **MARC SILVER**

## 1 Smartwool Hinman Jersey (\$100)

DRY: .4 POUNDS; WET: .6 POUNDS  
FIT: SNUG; FEEL: SOFT AS A LAMB

**FEATURES:** "Technical Knit Merino" (75 percent wool, the rest polyester). Yes, summer wool! It's light, it sucks sweat away from the body before you start dripping, its air pockets are cooling, and its texture isn't hospitable to smelly germs. The synthetic material allows for a tight fit. A neck to mid-chest zipper offers extra relief. A back pouch can hold an MP3 player.

**WORKOUT:** After 20 to 30 minutes, damp but not unpleasantly so. Grows progressively wetter but doesn't cling or seem drenched in sweat. Love that zipper!

**DRY-OUT:** An hour after class just slightly damp. Totally dry in 90 minutes.

**WIFE'S REPORT:** "I do this for love." Inhales. A hint of wet wool, no body odor. "Do you ever have to wash it?" she asks. In theory, no, but a Smartwool spokeswoman says washing helps the garment stay soft.

**VERDICT:** A champ at wicking and drying out.

## 3 Wickers Wool (\$26)

DRY: .4 POUNDS; WET: .6 POUNDS  
FIT: TYPICAL TEE; FEEL: A BIT SCRATCHY

**FEATURES:** Merino wool (see above) blended with rayon.

**WORKOUT:** Quite damp after 40 minutes but doesn't cling too much. On the walk home, is 100 percent wet yet doesn't plaster itself to me.

**DRY-OUT:** Still unpleasantly damp after an hour; takes two hours to fully dry.

**WIFE'S REPORT:** No B.O.!

**VERDICT:** Considering the price, a good deal.

## 2 Under Armour Catalyst T (\$29.99)

DRY: .2 POUNDS; WET: .6 POUNDS  
FIT: LOOSE; FEEL: SMOOTH

**FEATURES:** "HeatGear moisture transport" and "anti-odor technology." UPF protection. Plus, it's eco-friendly since the polyester fabric is made of recycled plastic bottles.

**WORKOUT:** After 30 minutes, grows heavy with moisture it has transported from my body. Feels like a wet rubber suit. Makes a "thwack" sound when shaken.

**DRY-OUT:** Notably less damp after 20 minutes but takes two hours to fully dry.

**WIFE'S REPORT:** Felled by flu, she can't smell a thing. I get a wee whiff of body odor.

**VERDICT:** OK for a short or not-too-hot workout. Flunked the hot yoga test.

## 4 Brooks HVAC Pulse Synergy (\$42)

DRY: .2 POUNDS; WET: .4 POUNDS  
FIT: SLIGHTLY LOOSE; FEEL: SILKY

**FEATURES:** "Embedded antimicrobial silver threads" move heat away from the body and also control odor; "ventilated mesh" panels prevent sticking to body and promotes speedy drying. UV protection.

**WORKOUT:** Exterior damp after 20 minutes of dripping sweat, yet interior is barely wet. After an hour, pretty wet, occasionally clingy. Yet floats gently off skin during walk home.

**DRY-OUT:** Post-yoga, interior is barely damp after 15 minutes. In 52 minutes, shirt is as dry as if it had spun in the dryer.

**WIFE'S REPORT:** A teensy bit funky.

**VERDICT:** Excellent; comfy even when wet, super-fast dry time. Merino wool, you've met your synthetic match.

## Two of a Kind

### The Towel-Off

If you're taking an exercise class that's a super-soaker, make sure you're equipped with one of these:



#### MANDUKA HOT YOGA TOWEL (\$55)

It's meant to stretch out over your yoga mat and absorb drips — which it does, while providing an extra cushion-y surface. But the ultra-soft microfiber will tempt you to curl up with it in bed instead.



#### YOGITOES SWEATLESS TOWEL (\$14)

It's just a bit bigger than a washcloth, but this quick-drying cloth (a polyester/nylon blend) is capable of wiping your forehead and any other damp spots completely dry. Although it's designed for yoga, it's just as handy if you're kickboxing or lifting.

#### Vital Stat

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# Hungry for a Change?

Five ingredients that probably aren't in your daily diet

## Food

Watch what you eat, sure — but don't watch reruns. A boring diet is hard to stick with. "There is no one set of foods you must always choose from in order to make your abs show," says nutritionist Alan Aragon.

### If You Like Broccoli

#### TRY: BOK CHOY

Like broccoli, this leafy vegetable has a crunch — and less than half the calories and carbohydrates of its cruciferous cousin. Separate, wash and dry the leaves of one head of baby bok choy. Heat a tablespoon of olive oil on medium high. Saute the leaves with a thinly sliced garlic clove for about five minutes or until tender.

### If You Like Apples

#### TRY: PERSIMMONS

This sweet Asian fruit is a better source of vitamin C than your average apple. The most common persimmons are always deep orange and should be very soft when ripe. To eat one, cut it in half and spoon out the goods. Served chilled, it's a tasty dessert.



EXPRESS

### If You Like Steak

#### TRY: GOAT

Pound for pound, goat has less than half the calories of Porterhouse steak and a few more grams of protein. Try it barbecued kebab-style, finished with a squeeze of lemon and some chopped rosemary. Or slow-roast a bone-in cut for a hearty winter meal. No goat at your market? Try Thymeforgoat.com.

### If You Like Oatmeal

#### TRY: BUCKWHEAT

Buckwheat may have more disease-fighting antioxidants than oats, barley or wheat germ, according to a 2008 Turkish study. For two new

ways to start your day, try Bob's Red Mill buckwheat pancake mix (\$4 for 26 ounces) or organic creamy buckwheat cereal (\$5 for 18 ounces).

### If You Like Muenster Cheese

#### TRY: EDAM CHEESE

This Dutch cheese is semifirm, unlike the semisoft Muenster, and has more protein, fewer calories and a richer, nuttier flavor. Cube the Edam and eat it with a fresh pear. Better yet, try it in a grilled-cheese sandwich with apple slices and stone-ground mustard. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

## Recipe File

### GRILLED SUMMER HERB AND OLIVE FOCACCIA

#### Ingredients

##### For the dough:

- ▶ 1 1/2 cups all-purpose flour
- ▶ 1/2 cup whole-wheat flour
- ▶ 1 package (2 1/4 teaspoons) quick-rising yeast
- ▶ 1 tsp salt
- ▶ 1/2 tsp sugar
- ▶ 1 tsp extra-virgin olive oil
- ▶ 3/4 cup warm water

##### For the topping:

- ▶ 1/4 cup pitted and chopped Kalamata olives
- ▶ 2 tbsp extra-virgin olive oil
- ▶ 1 tbsp chopped fresh rosemary
- ▶ 1 tbsp chopped fresh thyme

### Makes Eight Servings

In a food processor with a bread blade, combine both flours, the yeast, salt and sugar. Pulse to mix.

In a measuring cup, combine the oil and water. With the food processor running, pour the liquid through the feed tube. If the mixture is too dry, add 1 to 2 tablespoons of warm water. Process until the dough forms a ball, then process for one minute more. Transfer the dough to a lightly floured surface. Cover with plastic wrap and let rest for 15 minutes before rolling.



Coat a large baking sheet with cooking spray. Cut the dough into four pieces and roll out into circles. Sprinkle each piece of dough with olives, then fold in half and then in quarters to incorporate the olives into the dough. Roll each ball of dough out again into a circle and place on the prepared baking sheet. Cover with a clean dish towel and let rise at room temperature for 20 minutes.

Meanwhile, heat a gas grill to high on one side and medium-low on the other. Set two of the dough circles on the hot side of the grill and cook until the underside is golden brown, about six to eight minutes. Using tongs, flip the crusts to the cooler side of the grill, brush with olive oil, sprinkle with herbs and close the lid of the grill. Cook, rotating once or twice, until hot and crisp. Repeat with the remaining dough. (AP)

**#** 158 calories; 55 calories from fat; 6 g fat (1 g saturated); 0 mg cholesterol; 23 g carbohydrate; 3 g protein; 1 g fiber; 407 mg sodium

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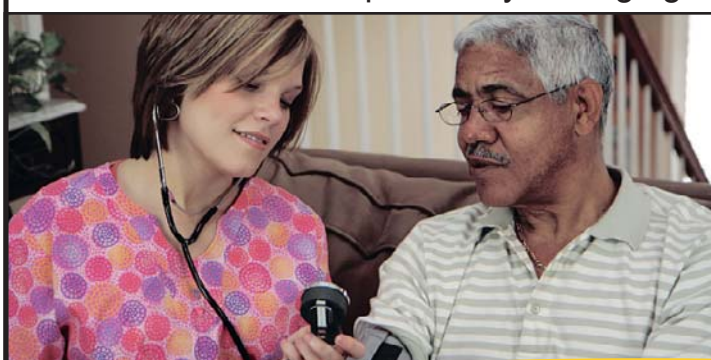
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866-655-6527

NE/35TH & E. CAP (off Minn. Ave.) 3BR, 1.5 ba,  
A/C, rear parking + util. Sec. 8 OK. 202-546-0705

Live rent free  
for 2 months!\*

- Walk to Friendship Heights Metro stop
- 100% brand new. 100% beautiful.
- Studio, 1, 2 and 3 bedrooms
- 24-hour Resident Concierge
- Caliber™ Sports Club
- Expansive Club Suite
- Rooftop pool
- Penthouses available

**ARCHSTONE WISCONSIN PLACE**  
LUXURY APARTMENTS

4440 Willard Avenue  
Chevy Chase, MD 20815  
866.482.9054  
[ArchstoneWisconsinPlace.com](http://ArchstoneWisconsinPlace.com)

\* New leases only. Offer available with select lease terms, call or visit the community for full details.

RENTALS

District Heights

**Valleybrook Apartments**

2128 County Road

**ONE MONTH FREE RENT!**

**WE PAY GAS AND WATER\***  
*\*See manager for details.*

**Efficiency \$700**  
**1 BR From \$725**

Some Units Newly Renovated  
Wall-to-Wall Carpet • Private Patio or Balcony  
Individually Controlled Heat & AC  
Bus Stop at Entrance

**888-842-3442**

UNITED INVESTORS MANAGEMENT CORP

**COMFORT, VALUE & CONVENIENCE  
IN ONE LOCATION!!**

\$0 Application Fee • One Bedrooms  
Starting at only \$992 • FREE Utilities  
Se Habla Español • Instant Pre-Approval  
All Applications Considered • Metro Stop  
on community • Clothes Care Center in  
every building

**Fountain Park**  
Apartment Homes

5122 KENILWORTH AVENUE, HYATTSVILLE, MD 20781

**866.722.1298 • fountainpark.net**



## RENTALS

## RENTALS

**RIVERDALE** 1, 2, & 3 BR Apts Huge 2 BR Townhomes

# Parkview Gardens

**888-251-1872**

6400 Riverdale Road • Riverdale, MD 20737

**GATED COMMUNITY**

**Furnished Apartments\*\***

- Fitness Center on Property
- Washer/Dryer\*\*
- Beautiful Kitchens-Granite Countertops\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

**FREE RENT til JULY\***  
\*select 1BR only

**\*\*Select Units**

**Riverdale Village**

**800-767-2189**

5409 Riverdale Road • Riverdale, MD 20781

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling
- \*select units
- 1, 2, & 3 BR AVAILABLE
- HUGE 2 BR TOWNHOMES

**Call Now For Our FANTASTIC SPECIAL**

**LANDOVER**

# Kings Square Apartments

**877-898-6958**

3402 Dodge Park Road • Landover, MD 20785

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

**Call Now For Our FANTASTIC SPECIAL**

**HYATTSVILLE**

# Fleetwood Village Apts

**866-315-8849**

721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

**Call Now For Our FANTASTIC SPECIAL**

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**  
**CALL FOR FANTASTIC SPECIALS!**

**LANDOVER**

# Maple Ridge

**888-583-3045**

2252 Brightseat Road • Landover, MD 20785

- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp
- \*select units

**CALL ABOUT FANTASTIC SPECIALS**

**OXON HILL**

# Colonial Village

**888-583-3047**

908 Marcy Ave. • Oxon Hill, MD 20745

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

**CALL ABOUT FANTASTIC SPECIALS**

**LANDOVER HILLS**

# Calvert Hall Apartments

**877-203-6036**

3817 64th Ave. • Landover Hills, MD 20784

- Gated Community
- Swimming Pool
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- \*on 2 BR Apts.

**MOVE IN W/SEC. DEP ONLY! 1ST MONTH FREE\***

**HYATTSVILLE**

# Fletchers Field Apartments

**866-805-0782**

5249 Kenilworth Ave. • Hyattsville, MD 20781

- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

**CALL ABOUT FANTASTIC SPECIALS**

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**

**NE- Brookland**(Catholic University Area) 6BR, 2 BA, hardwood floors, near Metro, voucher holders and students welcome. Call **301-467-5581**

**NE**

# JETU APARTMENTS

869 21st St

**1 and 2 BR Starting @ \$745**

- FREE UTILITIES
- Wall-to-Wall Carpet
- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

**877-814-0692**

William C. Smith & Co./EHO  
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**DOWNTOWN** **NORTHWEST**

# City Living at its BEST...

**1 BR \$1379**  
**2 BR \$1627**

Only Steps to Metro, Restaurants, Museums, Verizon, Chinatown & More!

- Gated FREE parking
- 1 Block from New Convention Center
- Onsite laundry

**Washington Apts**  
**1201 6th St., NW**  
Open M, T, Th, Fr 9-5:30, W 9-7, Sa 10-2  
**877-231-1135**  
www.washapartments.com \*Limited Time Only

**NORTHEAST**

# Free Cruise for 2

Lease Now and Get a Free 5 Day/4 Nite Cruise

**Fort Chaplin Park**  
4212 East Capital St. NE  
One Block from Metro - Free Off-Street Parking  
Window Treatments - Landscaped Courtyards  
One & Two Bedroom Apartment Homes  
Three Bedroom Townhomes  
5% Disc. Metro & DC Govt Employees  
**877.889-4433**  
M-F 9-5 Sat 11-3  
Text **FORT** to 29999 for More Info

Housing Choice Vouchers Welcome where Rents are Within Voucher Limits

**NW - 1BR \$930 incl utils. Laundry on-site.**  
Ms. Mitchell 301-316-4590

**N.W.**

# Crestwood Apartments

3900 16th Street NW  
Washington DC

**Efficiencies start at \$926**  
No Security Deposit  
**ALL UTILITIES INCLUDED!!!!**  
All units include central air and heat!

- Awesome 16th Street location!
- Walk to Columbia Heights Metro Station
- Metro bus stop next to building.
- Beautiful parquet hardwood floors, huge picture windows, cathedral ceilings.
- 24 hour controlled access
- Laundry facilities onsite.

**Limited Availability Call Now!**  
**(888) 333-3851**

Concerts, movies, events, restaurants and more.

**express nightout**  
expressnightout.com

XX172 1x1.5

**NW - LEDROIT PARK.** 5BR, 2BA TH (Large room). Near Universities. Students and voucher holders welcome. Call **301-467-5581**

**Oxon Hill**

# Chevet Manor

**All UTILITIES INCLUDED!!!!**  
Studio Apts (some with Balconies) starting from \$725  
**Hurry only 5 units left!**

Great location with easy access to I-495 and I-295. Near Bolling Air Force Base  
Close to Southern Ave Metro Station  
Metro Bus Stop on site  
24 hour controlled access  
Laundry facilities and pool on site

4545 Wheeler Road  
Oxon Hill, Md. 20745  
**Call (888) 468-9104**

**Parkland Village** 1brm \$869 2brm \$1089  
W/D, W/W crpt, CAC, D/W  
Call Today 866-412-1529

**Forestville**

**RIVERDALE**

# East Pines Terrace

**MOVE-IN SPECIAL FROM \$695-\$975**  
★ Spacious Studios  
★ 1 BR & 2 BRs  
★ Walk-in Closet  
★ Balconies  
★ Laundry Room  
Free Gas - Near Metro  
**Delwin Realty**  
Text Pines To 20999  
**888-754-3042**  
6747 Riverdale Rd. Riverdale, MD 20737

**Riverdale** **EHO**

# EFF, 1 & 2 BRS

**STARTING AT \$810**  
**\$99 Security Deposit\***  
**No App Fee with this ad**

- FREE gas cooking & hot water
- Refreshing Pool
- Barbeque/picnic area
- Central air conditioning

**Auburn Manor**  
**888-332-6003**  
6821 Riverdale Rd  
Income restrictions apply. Call for more info.  
\*on approved credit only

**SE- 1-2 bedroom on Green Line.** Quiet, carpet, secure. Voucher approved- Utilities included.  
Please call 703-912-4885 leave message

**SE**

# Come Chill with us at Ridgecrest Village Apartments

2000 Ridgecrest Ct., SE  
Washington, DC 20020  
(866) 505-8057

**FREE A/C**  
**Splash Park**  
**2 Bedrooms starting at \$1050**

- Newly Renovated Apartment Homes
- Large floorplans
- Spacious closets
- Choice of Wall to wall carpet or Hardwood Floors
- Laundry on-site
- Off-street parking
- Free Shuttle Bus to Metro
- Convenient to shops at Park Village & Brand New Library
- THEARC Just Blocks Away

William C. Smith + Co./EHO  
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**S.E. DANBURYST.** - Attractive 1BR \$695. 1st month rent free. Good Credit Required. Metro Bus at Corner. Call **202-563-1791**

**SE NE DC-** 1, 2, 3, 4 BR apartments available, fully renovated, section 8 ok. \$1,000- \$2,400/ mo  
Call Tommy 202-744-9872

**Riverdale**

# Riverdale Towers

**All UTILITIES INCLUDED!**  
1 Bedroom Apts. **starting at \$800**

**Only 7 units left!**  
**All units include central air & heat!**

Wall to Wall Carpeting  
Free parking. Walk to Shopping, Near Metro, Metro Bus Stop onsite  
24 hour controlled access  
Laundry facilities onsite

**(888) 895-8026**

**Rosecroft Mews Apts**  
2428 Corning Ave  
Ft. Washington, Md 20744  
1-866-652-4957

**1BR, 1BR+den, 2BR, 2BR+den Available!!!**

Last Chance Final Call  
Coupon Book Special  
Must move in By 5/31  
**\$300.00 off 1st month rent**  
**\$200.00 off 2nd months rent and more**  
Rosecroft Mews Apts.  
2428 Corning Ave Ft. Wash, Md  
20744 w/d dishwashers in apts  
wall to wall carpet, pet friendly

**SE**

# Crescent Park Village

#2 Elmira St., SE  
1-888-807-6760

**2BR Starting @ \$875**

**FREE Flat Screen TV at Move - In**  
**FREE BASIC CABLE**

- Largest floor plans in the area
- Central heat & A/C
- All new kitchens and baths
- Controlled access
- On-site laundry facilities
- Metrobus at your door
- Near shopping, hospital and schools

**Professionally Managed by**  
**William C. Smith + CO/EHO**

**SE**

# Pennview Apartments

2515 R St., SE  
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202-582-1512

**Open House Daily 4pm-7pm**

**1 BR \$945**  
**All Utilities Included**

- Newly renovated apartment homes
- Hardwood floors
- Stainless Steel appliances
- Microwave, dishwasher, garbage disposal
- Controlled access
- Central heat & A/C
- Laundry facilities

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www.wcsmith.com

**Silver Spring**

# 2 BEDROOMS \$1195

**Short Term Leases Available**

- Renovated Units
- Spacious floorplans
- MetroRail/Bus accessible
- 24 Hr. Maintenance
- Cable Ready

**PADDINGTON SQUARE**

8800 Lanier Drive  
Silver Spring, Md. 20910  
**(866) 531-0263**



RENTALS

# Great Places to Call Home... CALL NOW!



DC PROPERTIES



**NW; Brightwood - Studio, 1BR Apts. Available!**  
Close to multiple bus lines, downtown DC, Downtown Silver Spring. Located on quiet tree lined street starting at \$725 and up



**NW; Brightwood; 5912 14th Street**  
Renovated 1BR Apts.  
All Utilities Included. Close to bus lines. \$996.



**NE; Woodridge - Large Sun Lit Studio, 1BR Available!**  
Close to multiple bus lines and RI Ave Metro and Downtown DC. Starting at \$700 and up



**SE; Studio and 1BR Available!**  
Close to Pennsylvania Ave. and Minnesota Ave., multiple bus & metro lines. Starting at \$750 and up



**SE; Brand New Beautiful Unbelievable Spring Move In Specials on 1BR +Den & 2BR Apartment Homes**  
Gated Community, Private parking, W/D in apt., Central air, stainless appliances, Dishwasher and so much more



**SE - Brand New Affordable 2BR Apt. Homes**  
108 Atlantic Street  
Please call for Move In Specials

MD PROPERTIES



**Hyattsville - MD - Beautiful Garden Style Apts.**  
All Utilities Included & FREE Parking  
Close to 410 and Rt. 1, bus lines, PG Plaza, AVAILABLE!  
CALL 301-779-6037



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**\$300 OFF 1st Month's Rent**

**GARDEN VILLAGE APTS.**  
1720 TRENTON PL., SE  
1-866-286-2476


**MANOR VILLAGE**  
1717 Alabama Ave., SE  
1-888-275-2914

1 BR's From \$735

- Free Gift Card • Free Accent Wall
- Free Splash Park • Free Metro Shuttle • Free Off-Street Parking
- Next to Super Giant & I Hop • Minutes from THEARC

**Daily 8-5; Wed 8-7; Sat 9-4; Sun by Appt.**  
www.villagesofparklands.com William C. Smith & Co.

Concerts, movies, events, restaurants and more.



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Concerts, movies, events, restaurants and more.



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SE

**Cascade Park Apts**  
4236 4th Ave SE Wash, DC 20032

3 Beds starting at \$1495  
4 Beds starting at \$1600

ONE MONTH FREE! \*  
Ask about our 2BR specials!

Open Weekends

24 Hour Emergency maintenance  
HUGE APARTMENTS!  
Close to Metro, Bus stop on Site!

Call Ashley @ 301-803-0938 for an appt. TODAY! \* Restrictions Apply!

SE

**MANOR VILLAGE**  
**877-873-9948**

**1 BEDROOMS FROM \$735**  
**\$300 OFF 1ST MONTH'S RENT**

- Free Gift Card
- Free Accent Wall
- Free Splash Park
- Free Metro Shuttle
- Free Off-Street Parking
- Next to Super Giant and IHOP

Open Daily 8-5 Saturday 9-4. Sun by Appt

Wm. C. Smith + Co, EHO  
www.villagesofparklands.com

SE/OFF MINN. AVE-2 br apts. A/C & gas heat. Sec. 8 ok. 202-546-0704.

SE-Randall Highlands

**Hillside Terrace**  
1812 23rd St., SE  
1-866-646-7056

1BRS Starting at \$735

Zero Application Fee!  
\$300 Off of 1st Full Month's Rent!

\*Beautiful Apartment Community  
\*Renovated Kitchens and Baths  
\*Ample Closet Space  
\*Close to Shopping  
\*On & Off Street Parking Available

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Silver Spring

**MONTGOMERY TRACE**



- Swimming Pool w/Sundeck
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- Walk-in Closets
- Private Patios & Balconies
- Close to Metro

**1B-\$1,080 • 1B/DEN-\$1,195**  
**2B-\$1275 • 2B/DEN-\$1400**

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Silver Spring

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Conveniently located just off Rte. 29 close to 95, 495

Huge floorplans  
Quiet wooded surroundings

Stop in or call today  
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Ask About Our  
**\$499**  
Move In Special

1 and 2 BEDROOM GARDEN APTS  
UTILITIES INCLUDED

Forest Glen Apartments  
CALL TODAY!  
**301-593-0485**

Silver Spring/Takoma Park

**\$925 Special on one bedrooms**

Stop looking & start living in one of our 1 bedrooms from \$925 or our 2 bedrooms from \$1200. Available immediately. Furnished units also available. Convenient to Metro, UMD shuttle bus line & downtown Silver Spring. Ask About our reduced security deposit. Short term leases available. Small pets welcome.

Call Mr. Hinton at 301-588-1109  
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Silver Spring

**Walk to Metro!**

Spacious apartments w/hardwd. flrs, free prkg, park-like setting!

1 Bedrooms from \$1000  
2 Bedrooms from \$1150

UTILITIES INCLUDED

CALL TODAY  
**240-393-7386**  
Ask About Our Special

HILLBROOKE TOWERS APTS.

SILVER SPRING 2 BLOCKS TO METRO

**EARLE MANOR**  
10820 Georgia Ave, Wheaton MD 20902

- UTILITIES INCLUDED IN RENT
- Secure Mid-Rise Building with Elevator
- FREE Parking
- Central Laundry Facilities
- W-W Carpet
- Table Space Kitchen

**EFFICIENCIES: \$1045**  
**2 BEDROOMS \$1460**

CALL TODAY!  
**(866) 979-9698**

Southeast

**Move in Now and Pay NO RENT UNTIL JULY 1**

OPEN HOUSE JUNE 5TH!

**Meadow Green Courts!**  
NEW EXTENDED HOURS MON-THURS 'TIL 7PM  
Convenient to shopping, schools, Dishwasher, Walk-in closets.  
Wall to Wall Carpeting.

5% DISC. TO METRO & DC GOVT EMPLOYEES  
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3539 A Street SE  
Text **MGCOURT** to 29999 for more info  
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First Time Renters Welcome

**TERRACE MANOR APTS**  
3347 23rd Street, M-F 9-5 & Sat  
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One Bedroom starting at \$640  
Two Bedroom starting at \$750

Off Street Parking • On Bus Route • Near Green Line Metro  
W/D in select units • Housing Choice Vouchers Welcome



FRIENDSHIP COURT

Central Air Condition • Wall-to-Wall Carpet  
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**Call Today for our Amazing Prices!**

NO APPLICATION FEE

**\*Move in special on beautiful 1 bedroom lower level unit\***  
\*Hurry Limited Time Offer\*

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SW

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SPRING INTO SAVINGS  
Studio's from **\$850!**

Utilities Included  
\$99 Security Deposit.

- Balconies w/ Great Views
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- Fitness Center/ Swimming Pool
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South East

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**Renovated 2 & 3 Bedrooms**  
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SE

**Banneker Place Apts.**

1/2 Off 1st Months Rent on 1 BRS\*

- Close to Metro, schools & shopping
- Great location in a park-like setting
- Laundry facility on property
- Intercom access to every bldg.

\*Must move in by 6/15  
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Professionally Managed by CIH Properties





## RENTALS

**SE**

*Make River Hill Apartments  
Your New Home!*

**Get \$500 off on 1BRs**  
\$500 Off and No Appl. Fee on 1BRs

- Completely Renovated
- Large rooms w/wall-to-wall carpet
- Pools & Playground
- Laundry Rooms

*River Hill Apartments*  
**(202) 562-5060**  
Near Bolling AFB

Professionally managed by CIH Properties, Inc.

\* Must move-in by 4/16/10



**GREENWOOD MANOR APTS.**  
2343 Green Street SE • Washington, DC 20020



**888.349.9884**

**MOVE IN SPECIAL**  
1/2 OFF SEC. DEPOSIT

- 1 & 2 Bedrooms Available
- Starting From \$700
- Private Parking Lot
- Spacious Floorplans with Hardwood Floors
- 5 Minutes to the Green Line Metro

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Your Property Management Solutions

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UNDER NEW MANAGEMENT

**SPACIOUS 1,2,3 BEDROOM APTS**  
**STARTING AT \$795**  
\$300 Security deposit if qualify\*  
\$35 application fee • ½ Off 1st 2 months rent



**Move in by June 15th to enter into a drawing to win a 42 inch flat screen**

- Summer renovations to hallways

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**1 Bedrooms starting @\$735**  
**\$300 Off 1st Month's Rent**

- Free Gift Card
- Free Accent Wall
- Free Splash Park
- Free Metro Shuttle
- Free Off-Street Parking
- Next to Super Giant and IHOP

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**SOUTHWEST**  
**\$25 off /Mo + Cruise Certificate \***

**Lease now & get a free 5 day/4 night Cruise!**

**EFFICIENCY, 1 AND 2 BEDROOM APTS**  
W/W carpet, Central Air/Heat, Dishwasher, Laundry facility, Free Parking  
A Perfect location on Metro

**EAGLES CROSSING**  
116 Irvington Street SW, Washington DC 20032

**(877) 841-3674**  
M-F 9-5, Sat/Sun 10-4  
Housing Choice Vouchers Welcome  
\*CALL FOR DETAILS

**2 Bedrooms**  
now reduced to  
**\$979!**

**HUGE Closets**  
Washer/Dryer in Each Home  
Near Andrews AFB & Suitland Metro  
On Bus-Route

Limited Time Offer!

**FOREST VILLAGE**  
**888.805.6423**

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**Wow** Rents Start at Only  
**\$799!**

Open Late on Wednesdays!  
**HUGE Walk-In Closets**  
Washer/Dryer Available  
Walk to Suitland Metro!  
GREAT Location

Call now to schedule a tour!

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**SUITLAND**

Rents as low as **\$950**

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**ELECTRIC & GAS INCLUDED**  
**All Credit considered**

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**MOVE IN FOR \$499\***

**1 & 2 BRs from \$755**  
SPECIAL LOW DEPOSIT!  
UTILITIES INCLUDED!  
Remodeled w/new Kitchens

- DIRECTLY ACROSS FROM METRO!
- Hardwood floors, Mini-blinds
- Laundry facilities on-site
- Free parking

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\*plus deposit. Call for details

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**SW**

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**2 BR \$885**  
**FREE Application Fee\***  
**FREE Security Deposit\***

- W/W carpet
- Gated Community
- Modern Kitchen w/Breakfast bar
- Laundry room in every Bldg

**FREE HEAT & GAS**

**FRIENDSHIP CROSSING APTS.**  
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Washington, DC 20032

**888-849-8052**  
Professionally Managed by CIH Properties, Inc \*New Applicants Only!



**SW**

**OAK PARK APARTMENTS**  
125 Ivanhoe St. SW  
Washington DC 20032  
202-574-8199

**Open House Saturday May 22nd**  
**11am-4pm**  
Application fees waived  
for all pre qualified applicants  
Minimum income requirements

Apply & move in by 6/21—receive a flat screen TV, Deposits starting at \$250.00,  
**1 Bedrooms \$725**  
**2 Bedrooms \$825**  
**3 Bedrooms \$1350**

- Section 8 Vouchers Welcome
- Location \* Location \* Location
- Located within minutes to 295, 395 and 495
- Security Deposits starting at 250, pending credit
- Don't wait move in today!!! Units Ready!!

Takoma Pk/Silver Spring

**Newly Reduced Prices!**

**2 BRs start at \$995**  
**3 BRs start at \$1095**

**OPEN HOUSE SATURDAY JUNE 5, 2010**  
9:00 am TO 6:00 pm  
Application Fees will be Waived  
1st Month's Rent as low as \$199\*

**Belford Towers**  
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belfordlease@beaconmanagement.com  
www.beaconmanagement.com  
\*Restrictions Apply

Pricing & Specials are subject to change.  
Equal Housing Opportunity

**TAK PK—New Hamp. Ave.**

## HILLWOOD MANOR

**1 BEDRMS from \$860**  
**2 BEDROOMS ALSO AVAILABLE**

**LOVELY PARK-LIKE SETTING!**  
OFF STREET PARKING  
HARDWOOD FLOORS  
ALL UTILITIES INCLUDED  
**301-891-2270**

**TEMPLE HILLS**—1 Bedrm avail. Only \$799/month plus utilities. Call Cynthia for more details.  
**301-423-1116** Instant Approvals

Temple Hills

**Oxon Park Apartments**

**SPRING SPECIAL!!!**  
Take \$100.00 Off Your Rent  
For 4-Months  
Including Your 1st Month  
All Utilities Included.

**1-Bedroom \$750.00/\$805.00**  
**2-Bedroom \$845.00/\$925.00**  
\*\*Immediate Occupancy Available  
\*\*Wall-Wall Carpet  
\*\*Three Blocks From Southern Ave. Metro Station

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02-M-0003



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# lookout

## Summer Accessory

Lindsay Lohan to sport hip alcohol-monitoring device, judge says **37**



## Sound Bets



SARA GEWALT

## Supreme Brutality

**Ryan Taylor** and Evan Harting didn't mean to create a Memorial Day weekend institution in the extreme-metal scene. "We didn't really intend for it to be a festival," Taylor told me last year about Maryland Deathfest. "But as soon as we posted info about what we were doing ... the interest just took off."

Now in its eighth year, MDF has become a ritualistic destination event for headbangers on the East Coast and beyond. MDF

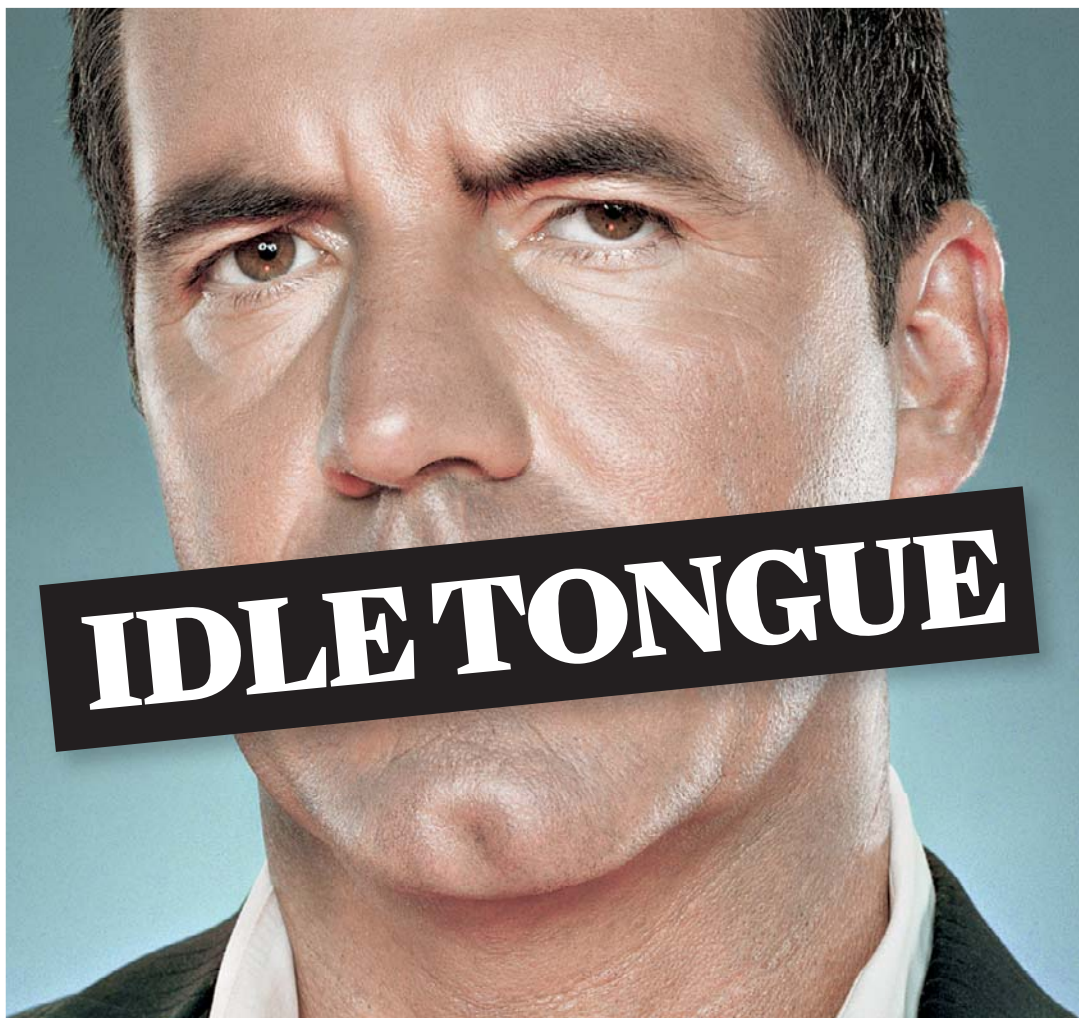


has a solid partner in Sonar, whose multi-room setup allows vendors to sell all sorts of metal merch in the smaller rooms as bands from everywhere command the club's main and outdoor stages. From May 28 to 30, Baltimore will be the world capital of heavy music as the exceptionally well-run festival rifles through more than 60 extreme-metal bands in surprisingly smooth style.

The incredible Swedish black-metal group Watain is one of Friday's headliners, and the dour band is truly excited about its MDF debut. "People describe it as a national get-together of like-minded wolves — metalheads and maniacs," said frontman Erik Danielsson, above. "And that's exactly the kind of place Watain belongs."



Comments? Give Christopher your feedback: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)



JILL GREENBERG

## Simon Cowell is set to quit 'American Idol,' but not his star-gazing ways

### Farewells

Where would pop culture be without Simon Cowell?

Since he strode imperially into the American zeitgeist as the living embodiment of our worst English stereotype — they're just so fussy, aren't they? — he's become the abrasive, blunt, sometimes rude, very often right voice of the consumer.

That rocker dude screeching about the woman who done him wrong? He's self-indulgent. That gal warbling the torch song? Karaoke. And don't get him started on songs about birds.

When he abdicates his throne on "American Idol" this week after nine seasons of iron-fisted rule, he'll leave in his wake a show that remains one of the country's most popular, although it's diminished from its height, and a slate of top-selling musicians who any mogul would covet.

Cowell's "American Idol" finds read like a who's who of early 21st-century pop: Kelly Clarkson, Carrie Underwood, Fantasia, Chris Daughtry, David Archuleta, David Cook, Adam Lambert. And don't forget his overseas success stories, such as Leona Lewis, Paul

Potts and Susan Boyle, all culled during British talent contests featuring Cowell.

It isn't just music business that's good for Cowell. His "Idol"-like show "The X Factor," which he'll be bringing to Fox next fall, is already on the air in nearly two dozen international incarnations. And he's part of the team behind "America's Got Talent," too — a show that's also a global franchise. No wonder his net worth is pegged at about \$1 billion.

But perhaps Cowell's most lasting export has been his own irascible personality. He's Judge Judy without the catchphrases; Nancy Grace without the self-righteous streak. When he's at his best, Cowell's the audience's collec-

## Got Talent?

### Simon's Favorite Finds



He's helped to discover dozens of singers, but Simon Cowell says there were a few of his "American Idol" finds who he immediately knew would be stars. "I'd say the best two examples were Fantasia and certainly Carrie Underwood," he told Oprah Winfrey earlier this month. "With Carrie, I can actually remember: It was almost as if the whole cast were in black and white, and one person walked in in color." (EXPRESS)

tive superego, holding forth with unfiltered opinion and unshakable confidence.

When he attacks, it's with a feral ruthlessness and a hint of glee. "Are you taking singing lessons?" he asked one poorly pitched auditioner years ago. "Yes, I do," she replied. "Get a lawyer," he told her, and sue the teacher.

But Cowell says his motivation comes not from tearing aspiring singers down, but building buzz around them — if they're worthy.

## expressnightout

Watch some of Simon Cowell's greatest hits and catch up on "American Idol" at [Expressnightout.com/idol](http://Expressnightout.com/idol)

"You want to be part of something which people are talking about," he told Oprah Winfrey earlier this month. "You feel that you're making people excited."

Although "American Idol" will have to work to find new footing, it's unlikely that the sun will set on Cowell's empire as long as there are stars to find. And egos to crush.

GREG BARBER (EXPRESS)



Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at [expressnightout.com/topstops](http://expressnightout.com/topstops).

top stops



**1 The World Is Her Tumblr**  
Emily Gould got famous as that Gawker blogger whose life was chronicled in the New York Times magazine. Her book of essays, "And the Heart Says Whatever," avoids the eager-to-please demeanor that soul-baring writing tends to take on. We will not call it satisfying, but we are glad to have read it. She'll speak tonight. **F.Z. Sixth and I Historic Synagogue, 600 I St. NW; 7 p.m., \$10, \$8 in advance or get two tickets free when you buy the book; 202-408-3100, Sixthandi.org. (Gallery Place)**

**2 Only a Flesh Wound**  
"Gruesome Playground Injuries," Woolly Mammoth's latest show, takes the by-now-familiar romantic two-person play and adds some gore — the two characters are always getting hurt, physically and emotionally — and an incredibly well-written script by rising-star playwright Rajiv Joseph. **F.Z. Woolly Mammoth, 641 D St. NW; through June 13; 202-393-3939, Woollymammoth.net. (Gallery Place)**

**3 Call Him Ronin**  
It's Samurai Week! This is the most exciting thing we have heard since the ding on the coffee maker this morning, although we have discovered that there are no How to Become a Samurai Fast or What Color Is Your Katana? workshops, which is disappointing. However, there's a sword-play demonstration tonight, and for the rest of the week you can catch samurai-themed films at the Embassy of Japan. **F.Z. Embassy of Japan, 1155 21st St. NW; 6:30 p.m., free; 202-238-6949, www.us.emb-japan.go.jp. (Farragut North)**



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## TV tonight **lookout**

# The Popular Bunch

Three of TV's most highly rated shows peace out tonight

### Finales

**CBS 8:00** For all of the hoopla about "Lost" and the epoch-ending conclusions of "Law & Order" and "24," three of the most popular shows on television wrap up proceedings tonight. When did Tuesday night become the biggest night of the TV week?

OK, "American Idol" (8 p.m., Fox) doesn't announce a winner until tomorrow, but the last singing competition occurs tonight on the most-viewed show of the year. And the decade.

Not far behind in the ratings, "Dancing With the Stars" (9 p.m., ABC) crowns another champion this evening. A repeat of the final competition (8 p.m.) also airs.

Tonight also marks the end of the seventh season of "NCIS" (8 p.m., CBS), often the most-watched



Special Agent Gibbs (Mark Harmon) and "NCIS" have a fan base to be reckoned with.

scripted show on television.

While many viewers gravitated toward the distraction of reality fare, talent shows or dramatic shows with long story arcs and baffling mysteries, "NCIS" has been the little show that could, attracting a consistently large audience season after season.

Its summer repeats are often more watched than original sum-

mer fare. And repeats of "NCIS" often rank as the most-watched shows on cable, too.

More than even "CSI," "NCIS" has become the "Law & Order" of the 21st century, appearing almost wall-to-wall, vanquishing the competition and even competing against itself without a dent in its armor. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

### Best Bets

**CBS 9:00**

**NCIS: Los Angeles** Callen (Chris O'Donnell, right) tries to find a woman with information about his past — and his identity — and a forgotten fortune that is earmarked to fund a new war in the Middle East before an adversary gets to her.



**FOX 9:00**

**Glee** Everybody go Gaga now! In this new episode, Will wants his charges to use the music of Lady Gaga as their springboard for self-expression. Meanwhile, Rachel has an encounter that could change her life, and Tina experiments with a new look.

**BRAVO 10:00**

**9 by Design** Bob and Cortney get their first huge commercial job — the interior of a boutique hotel — but they are challenged to match their unconventional style with the practical needs of the place.

**CBS 10:00**



**The Good Wife** In this powerful season finale that addresses the show's core issue, Alicia is being urged by Eli to decide whether she will stand by her husband, Peter (Chris Noth, left), during his new political campaign or pursue a relationship with Will instead in "Running."

(TRIBUNE MEDIA)

### Endings



### Till Next Season

On "Parenthood" (10 p.m., NBC), Sarah meets with Mr. Cyr (guest star Jason Ritter) to discuss Amber. Crosby (Dax Shepard, above) must decide whether he will stay with his old family or move in with his new one. Zeek tries his darndest to win back Camille. Meanwhile, Julia reluctantly serves on a committee at Sydney's school but is flustered by her assignment in the season finale, "Lost and Found." (TRIBUNE MEDIA)

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Monday's Results

DID THE SERIES FINALE OF ABC'S 'LOST' LIVE UP TO EXPECTATIONS?



"I will truly miss this show. I thought they did a great job of ending it and having it all make some sense. The writers/producers could have left us hanging with no true closure. I was satisfied with how it all played out."

COMMENTER PAT

"They tried to make everyone happy by having the characters end up in the same place together and smiling. But they failed to resolve some very important aspects of the show."

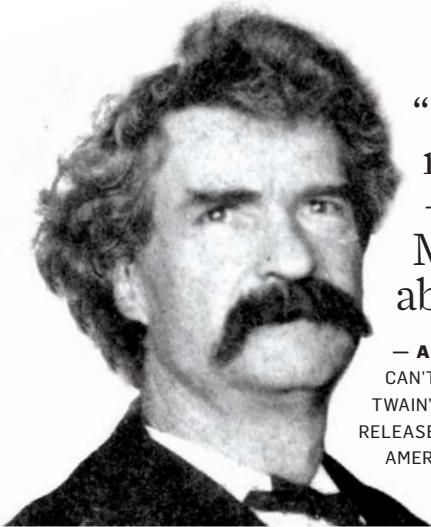
COMMENTER GABE

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"Wow, I mean, I understand that the target demographic for 'SATC 2' viewers is middle-aged white women, but why couldn't they just use the Beyonce version?"

— A COMMENTER AT THEURBANDAILY.COM THOUGHT LIZA MINNELLI'S COVER OF "SINGLE LADIES" FOR THE "SEX AND THE CITY 2" SOUND-TRACK WAS UNNECESSARY.



"Sounds trite, a little like reading in 2110 about — I don't know — what Maureen Dowd thought about Facebook."

— A COMMENTER AT ALTHOUSE.BLOGSPOT.COM CAN'T IMAGINE WHY ANYONE WOULD WANT TO READ MARK TWAIN'S AUTOBIOGRAPHY, WHICH HE REQUESTED NOT BE RELEASED UNTIL 100 YEARS AFTER HIS DEATH. THE GREAT AMERICAN AUTHOR DIED IN 1910.



"Right about now, you couldn't pay us to say that Alicia Keys ain't pregnant. According to [her] belly, we'd say that she is about four and a half to five months along."

— COMMUNITY.LIVEJOURNAL.COM/ OHNOTHEYDIDNT REACTS TO SEEING PHOTOS OF THE SINGER WHEN SHE PERFORMED AT RADIO I'S BIG WEEKEND IN BANGOR, WALES, ON SATURDAY.

"DRATS! And here I was about to go chicken suit shopping so I could hand a bunch of them out in Nevada."

— THEPOLITICALCARNIVAL.NET FOUND IT AMUSING THAT NEVADA STATE ELECTION OFFICIALS BANNED CHICKEN SUITS AFTER WEEKS OF RIDICULE DIRECTED AT REPUBLICAN SENATE CANDIDATE SUE LOWDEN, WHO RECENTLY SUGGESTED THAT PEOPLE BARTER WITH DOCTORS FOR MEDICAL CARE, LIKE WHEN "OUR GRANDPARENTS WOULD BRING A CHICKEN TO THE DOCTOR."

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puzzles **lookout**

**Horoscope**

**GEMINI (May 21-June 20)** This is a good day to pick up the pace and strive to accomplish more than is considered normal or routine.

**CANCER (June 21-July 22)** You're sure to attract a good deal of attention — and not entirely for all the right reasons. You can make much of an opportunity.

**LEO (July 23-Aug. 22)** You're likely to consider yourself lucky when all is said and done, but the challenges you face may be formidable.

**VIRGO (Aug. 23-Sept. 22)** Now is the time to get down to business; demand of others what you demand of yourself — no less and no more. Remember to take a break.

**LIBRA (Sept. 23-Oct. 22)** Timing is of great importance, and once you start, you're not going to have much of a chance to hold up and take stock.

**SCORPIO (Oct. 23-Nov. 21)** What you have to offer in the way of experience and information can prove to be not only beneficial but of the utmost importance.

**SAGITTARIUS (Nov. 22-Dec. 21)** You'll receive a message that has you wondering whether you've chosen the right path. Such are only passing doubts, to be sure.

**CAPRICORN (Dec. 22-Jan. 19)** You may find yourself drawn to an endeavor that is not usually in your sweet spot, but your sense of power is on the rise.

**AQUARIUS (Jan. 20-Feb. 18)** You'll receive inspiration from the most unusual of sources — and tomorrow, too, very likely.

**PISCES (Feb. 19-March 20)** You may not be seeing things as clearly as possible, with the predictable result that your decisions leave something to be desired.

**ARIES (March 21-April 19)** Questions of fairness arise out of a situation that you will have to control, even though it was not of your making.

**TAURUS (April 20-May 20)** You may find yourself in charge, even though you are less inclined to lead at this time than follow.

**Scrabble Grams**

PAR SCORE 155-165, BEST SCORE 226

E <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	U <sub>1</sub>	T <sub>1</sub>	Q <sub>10</sub>	N <sub>1</sub>

RACK 1

A <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	T <sub>1</sub>	N <sub>1</sub>	C <sub>3</sub>	S <sub>1</sub>

RACK 2

O <sub>1</sub>	O <sub>1</sub>	W <sub>4</sub>	W <sub>4</sub>	B <sub>3</sub>	R <sub>1</sub>	L <sub>1</sub>

RACK 3

E <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	R <sub>1</sub>	F <sub>4</sub>	G <sub>2</sub>

RACK 4

4th Letter Triple

Double Word Score

**Yesterday's Solution**

T <sub>1</sub>	I <sub>1</sub>	C <sub>3</sub>	K <sub>5</sub>	E <sub>1</sub>	T <sub>1</sub>	
V <sub>4</sub>	E <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	T <sub>1</sub>
D <sub>2</sub>	E <sub>1</sub>	C <sub>3</sub>	E <sub>1</sub>	I <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>
G <sub>2</sub>	O <sub>1</sub>	D <sub>2</sub>	S <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>
PAR SCORE 145-155						

**FOUR RACK TOTAL**

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

**Sudoku**

MEDIUM

	5					4
9		2		5		3
3						8
	2		6	7		3
6			2	9		5
	3		4	5		8
2						7
1		7		6	4	9
	6					1

**Yesterday's Solution**

3	5	9	2	6	4	8	7	1
1	8	7	5	9	3	4	2	6
2	6	4	1	7	8	5	9	3
9	4	3	7	1	6	2	8	5
6	2	1	8	5	9	7	3	4
5	7	8	3	4	2	6	1	9
4	9	2	6	3	7	1	5	8
8	3	5	4	2	1	9	6	7
7	1	6	9	8	5	3	4	2

**Need more Sudolku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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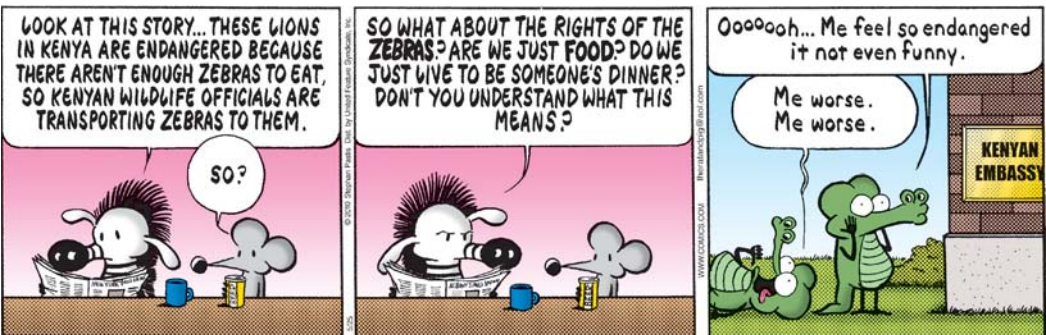
**Comics**

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**POOCH CAFE | PAUL GILLIGAN**



**PEARLS BEFORE SWINE | STEPHAN PASTIS**



**Forecast**

**79 | 66**

**Today:** Some clouds, then sunshine today. A moonlit sky tonight.

**87 | 69**

**Tomorrow:** Warm tomorrow with some sun. Mainly clear tomorrow night.

**Looking Ahead**

THU	FRI	SAT
86   69	85   61	75   54

<b>Sun and Moon</b>	<b>Almanac</b>
Sunrise today: 5:48 a.m.	Normal high: 78
Sunset today: 8:22 p.m.	Record high: 92
Moonrise today: 6:21 p.m.	Normal low: 58
Moonsset today: 3:49 a.m.	Record low: 41

FORECAST BY ACCUWEATHER.COM ©2009



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XX174 2x2

lookout puzzles

Crossword

YOU RANG?

ACROSS

- 1 Cookbook abbr.
- 5 Bring into law
- 10 Where Rubbermaid was started
- 14 Notorious apple spray
- 15 Sweet sap source
- 16 "Tat-tat" preceder
- 17 Description of a good novel or script
- 19 Many a New Year's resolution
- 20 Potato-growing state
- 21 Some Senate votes
- 22 They line some old streets
- 23 Fixes or alters, as a hem
- 25 Rock concert sites
- 27 In a different way
- 29 "Conservative" starter
- 32 Quick and skillful
- 35 "Aw, what a shame!"
- 39 My and thy
- 40 Little boring one?
- 41 Adulate
- 42 Jackie Onassis, \_\_\_\_ Bouvier
- 43 Darjeeling, for one
- 44 Behind on bills
- 45 City near Phoenix
- 46 Specialized vocabulary
- 48 \_\_\_\_ high standard
- 50 Like best
- 54 Residential units
- 58 Author unknown (abbr.)
- 60 Varied mixture
- 62 "If it doesn't fit, you must acquit" evidence
- 63 Teetotaler's choice, perhaps
- 64 Raccoon type
- 66 Comply with
- 67 1956 Heston role
- 68 King of Skull Island
- 69 "Will there be anything \_\_\_\_?"
- 70 Causing sticker shock
- 71 Gaelic

DOWN

- 1 An ungulate
- 2 Wesley Snipes superhero role

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20						21					22			
23					24		25			26				
			27			28				29			30	31
32	33	34			35		36	37	38			39		
40				41								42		
43				44							45			
46			47					48		49				
		50			51	52	53		54			55	56	57
58	59				60			61		62				
63					64				65					
66					67						68			
69					70						71			

EDITED BY TIMOTHY E. PARKER

- 3 Multivolume tales
- 4 First word in many recipes
- 5 Bird in the bush
- 6 Colloquial "not"
- 7 Sleep disruption
- 8 "C" on a calculator
- 9 Like headlines
- 10 Trying experience
- 11 Bit of a nasty fall
- 12 Celebrity pair, usually
- 13 Churchill Downs feed
- 18 Hamlet's larger relative
- 24 Take effect
- 26 "The Thinker," for one
- 28 Fireplace fuel
- 30 Feels regret over
- 31 Atlas statistic
- 32 Grist for some computers
- 33 Wide-spouted mantel decoration
- 34 Places for Old Glory
- 36 Beginning of most New York ZIP codes
- 37 Baby cover-ups
- 38 Pre-Columbian Mexican
- 41 Low-calorie, in ad-speak
- 45 Anthropoid
- 47 Elaborately decorated
- 49 Word repeated in an "Animal House" chant
- 51 1040 and others
- 52 "Silas Marner" author
- 53 Beauty parlor procedure
- 55 Extreme sorrow
- 56 Bake-off equipment


- 57 Marsh plant
- 58 Topmost position
- 59 Christmas tune
- 61 Decorative arch molding
- 65 Another cookbook abbr.

Yesterday's Solution

1	R	U	M	P		6	T	H	U	S		12	C	A	S	A	S
14	E	T	A	L		15	R	E	N	T		18	A	H	E	R	O
17	D	A	M	E		20	A	R	T		23	R	A	T	I	O	N
22	S	H	A	D	O	25	W	B	O	X	28	E	R		31	U	N
27	U	L	C	E	R	30	S		33	A	M	A	S		36		
32	S	O	L			35	R	E	P	E	L	L	E		38	N	I
37	S	P	I	R	I	40	T	O	F	S	T	L	O	U	I	S	
41	R	E	P	U	D	I	A	T	E								
44	P	A	R	R	O	T											
47	A	G	A														
50	S	L	I	E	R												
53	T	E	S	T	A												
56	S	T	E	A	M												

Today in History

- 1787** The Constitutional Convention convenes in Philadelphia.
- 1861** President Abraham Lincoln suspends the writ of habeas corpus during the Civil War.
- 1935** Babe Ruth hits his 714th home run — his last — a record for career home runs that would stand for almost 40 years.

**express** 

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**EMPLOYMENT****Snubbed for Supreme Court, Paula Accepts Alternate Judgeship**

CBS said Monday that Paula Abdul will be a judge on "Got to Dance," a competition expected to debut sometime next season. She'll also be an executive producer for the series, which is based on a successful British show. There's no immediate word on when "Got to Dance," which will feature various forms of dancing, will go on the air. (AP)

**INCOME SOURCES****Just Sell PETA Some Ad Space on Your Body**

Sarah Ferguson apologized Sunday after a British newspaper released video of her offering access to ex-husband Prince Andrew for \$720,000. "I very deeply regret the situation and the embarrassment caused," she said in a statement. "It is true that my financial situation is under stress. However, that is no excuse for a serious lapse in judgement." (EXPRESS)



With "Celebrity Fit Club," "Apprentice" and "Rehab," how is she unemployed?

**Mug Shots****Judge Just Can't Resist That Face**

A Connecticut judge dismissed a drunken-driving charge against Rip Torn after the actor completed a court-ordered alcohol education program. Torn was stopped in December 2008 while driving in the breakdown lane with a Christmas tree atop his car. Charges that he broke into a bank in January while drunk and armed are still pending. (AP)



MARK RALSTON/AFPIGETTY IMAGES

**TOLD!****Judge Totally Brings It**

A Beverly Hills, Calif., judge on Monday ordered Lindsay Lohan to wear an alcohol-monitoring bracelet and refused to ease restrictions involving drug and alcohol testing so the actress can film a movie in Texas. Lohan spent more than two hours after the hearing waiting for a bracelet to be placed on her ankle. Lohan must wear the bracelet at least until a probation violation hearing on July 6. (AP)

**RELEVANCE****'Awards for Plays You'll Never See' Scores Again**

Sean Hayes will be the host of the Tony Awards next month. The former "Will and Grace" actor was nominated for a Tony for best actor in a musical for "Promises, Promises." CBS is broadcasting the Tonys live from Radio City Music Hall in New York on June 13. With Neil Patrick Harris as host, last year's Tony Awards audience was up 19 percent from 2008's. (AP)

**"During the midst of it, it made me feel horrible... I knew I wanted to get caught."**



— JESSE JAMES, IN A "NIGHTLINE" INTERVIEW AIRING TUESDAY, ON HOW HIS ADULTERY WAS AN ATTEMPT TO "SELF-SABOTAGE MY LIFE." HE ALSO SAYS HE'S NOT A NAZI.

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